

Hemp Seeds Ice Cream

simple
healthy
delicious

Ingredients

- 80 gr of cashews, soaked for 8 hours
- 40 gr Nature's Earthly Choice™ Hemp Seeds, soaked for 15 minutes
- 1-2 bananas
- 1 avocado
- 2 spoons honey (agave, maple syrup for vegan version)
- 100 ml water
- 1 spoon lemon juice
- Vanilla powder

Directions

1. Mix all the ingredients in a blender until it's all mixed up, creamy and fluffy. The bananas and the avocado should be very ripe and frozen for at least 12 hours.

