

ONE BITE

AN MAGAZINE

Special Edition:
*One Bite Vegan Food
Blogger Awards*

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**Meet our 2019
Overall Winner:**
*Sam from 'It Doesn't
Taste Like Chicken'*

**Vegan Eating in
LA, California**

Win a copy of
**Heavenly Vegan
Dals and Curries**

**Vegan Ice Cream &
Popsicle Recipes**



Homemade Chunky Monkey Ice Cream

By Samantha Rowland

Servings: 2

Ingredients:

- 2 medium bananas, frozen
- 1/2 cup dairy free milk
- 1 tbs. nut butter
- 1 serving Vegan Vanilla Protein powder
- 1 tsp. vanilla extract
- 2 tbsp chopped walnuts
- 2 tbsp chopped chocolate chunks

Instructions:

1. Peel the bananas, and cut into coins, about 1-2 inches each. Freeze in a zip lock bag.
2. Once frozen, add the banana to a food processor and pulse to break up.
3. Add 1/4 cup of dairy free milk and process with the banana until smooth.
4. Add 1 scoop of vanilla protein powder and 1/4 cup of milk.
5. Process on high until smooth.
6. Stir in the chopped walnuts and chocolate. Serve immediately or freeze for 1-2 hours and serve.



About the author...

Hi, I'm **Samantha**, but you can call me Sam! I started Bites of Wellness (formerly PancakeWarriors) because I wanted to share my love for making healthy meals in the kitchen and fitness with you! In 2019 I received my Fitness Nutrition Specialist (FNS) certification. I like to focus on eating healthy and wholesome foods with no chemicals, additives, or artificial ingredients. Nutrition is the core of health and feeling good. However, I also believe in having a balanced life so the occasional glass of wine and brownie is a must!

[Check out her website.](#)