

CAROBSICLE

Inspired by a recipe from Dr.Furhman.com



INGREDIENTS

2 ripe bananas, frozen

1/2 cup raw cashews

3/4 cup cooked aduki beans, rinsed and drained (the original recipe called for black beans)

1/4 cup [toasted carob powder](#) (the original recipe called for cocoa powder)

4 dates, pitted

1/2 tsp. vanilla extract (alcohol free)

1 cup soy, hemp, or almond milk

Blend all of the ingredients in a high-speed blender until very smooth. Pour into popsicle molds, freeze, and enjoy.