



## REFINED SUGAR-FREE BANANA SPLIT

Dairy-Free / Refined Sugar-Free / Gluten-Free / Collagen Rich

Recipe by Alex (@eatcute) and featured on [MariGoldFoods.com](https://MariGoldFoods.com)

*"I love having collagen in smoothies, soups, and teas!"*

- Alex

### INGREDIENTS:

- 2 Frozen Bananas
- 1 Banana (room temperature for base)
- 1 TBSP Unsweetened Nut Milk
- 1 TBSP Unsweetened Cacao Powder
- 4-5 Raw Dates (without pits)
- 1 Scoop MariGold Unflavored Collagen Peptides
- Toppings of your choice (nuts, chocolate chips, strawberries or cherries)

### DIRECTIONS:

1. Add 2 frozen bananas to a blender
2. Add a tablespoon un unsweetened nut milk, cacao powder, dates, and collagen.
3. Blend together until a creamy ice cream texture is formed.
4. Plate your ice cream on top of the third room-temperature banana (split in half) and add your favorite toppings.



Featuring MariGold  
Unflavored Collagen Peptides  
([MariGoldFoods.com](https://MariGoldFoods.com))

