

Frozen Raspberries and Dark Chocolate

serves 2

Ingredients:

2 cups frozen raspberries

2 - 4 tablespoons honey (depends on your preference)

3/4 - 1 1/4 cup almond milk (or other non-dairy milk)

1 ounce dark chocolate, grated

Directions:

1. Place first three ingredients in the blender, **starting with just 3/4 cup milk**, cover.
2. Blend until pureed.
3. You may need to stop and scrape down the blender sides, then blend again, a few times.
4. Add more milk, a little at a time as needed. **The less you use, the thicker this dessert will be.**
5. **Layer into dessert glass with sprinkle of grated chocolate.**

Perfect creamy dessert for entertaining or cozy evenings.

Leave out the chocolate and serve as an after school snack.

Notes: