

Banana Nice Cream

Serves: 2-4

Ingredients

Banana & strawberry slices, frozen

OR banana slices ONLY, frozen

Unsweetened plant milk of choice (eg. coconut, soy, almond, etc.) 2-4oz +as needed to blend

Amount

1, 16oz bag



Optional flavor additions:

1/2 tbsp cocoa powder; 1/4c frozen mango or other fruit; fresh mint + chocolate chips; 1 tsp vanilla extract, almond extract, or lemon extract; peanut butter or almond butter etc. Sky is the limit!

Method: Gather all ingredients and equipment. Allow the frozen fruit to sit out for about 5 mins prior to blending. In a food processor, begin making the nice cream by pulsing the banana/strawberry slices about 10 times or until it resembles wet sand. Add flavorings of choice or leave plain. Add plant milk as needed in 1oz increments as needed to blend into smooth puree. Enjoy immediately for soft serve, freeze for later (will be more like water ice consistency), or even pour into popsicle molds/ice cube trays.

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