



Banana Ice Cream

Ingredients

2-3 sliced frozen bananas
Pinch of salt
1/4-1/2 cup almond milk

Directions

Blend frozen bananas with salt and milk. Flavor your way!

Some ideas:

Use coconut milk instead of almond and add pineapple
1/2 cup frozen berries
1 t Vanilla extract
3 T Raw cacao powder
Organic mint leaves
1-2 T peanut or other nut butter
1-2 T coconut butter