

Vanilla Nice Cream

Makes 4 Servings



4 cups frozen sliced bananas
1/4 cup coconut milk

1 teaspoon vanilla extract

To a food processor or high-speed blender add bananas, coconut milk, and vanilla extract. Blend until smooth.

Eat immediately for a soft-serve consistency or pour the nice cream into a loaf pan and freeze for 1 hour or until firm.

Enjoy!

(If the nice cream is hard to scoop let it defrost for 30 minutes at room temperature.)