

NICE CREAM



READY IN **5 MIN**

2 SERVINGS

This is a healthy substitute for ice cream. With just a few simple ingredients, you can avoid added refined sugar and salt, minimize saturated fat, imitation flavorings, and other additives such as emulsifiers, dyes, stabilizers, and thickeners.

INGREDIENTS

4 frozen bananas cut in coins
¼ cup unsweetened plant milk
¼ cup cocoa powder

DIRECTIONS

1. In a high-speed blender or food processor, blend milk, banana coins, and cocoa powder until smooth.
2. Serve immediately or freeze in an airtight container.

NOTES

For easy blending, it is best to use previously sliced and frozen ripe banana coins. Try adding 1 teaspoon vanilla or 1 tablespoon maple syrup for added sweetness, if desired. You can also omit the cocoa powder and try berries instead.