

3 Ingredient Banana ‘Nice’ Cream

You can’t get any easier with this frozen health food treat. Choose the strawberry or the chocolate-either way they’ll be a hit with young and old alike!



By Karrie Billets, Functional Nutrition Health Coach

Ingredients

- 2 bananas frozen cut into ½ inch rounds. Freeze on a baking sheet for an hour or so, then add to your processor. Keep a stash in your freezer in ziplock bags for later use
- ¾ cup sliced strawberries
- ½ teaspoon vanilla extract
- ⅛ to ¼ cup dairy free milk
- dark chocolate chips (optional)

Combine the bananas and milk (start with ⅛ cup) in a food processor and blend until smooth and creamy. Add the strawberries and vanilla and pulse to mix well, leaving a few solid bits of strawberry throughout. Transfer the nice cream to an airtight container and freeze for 30 minutes for a soft texture or for 1 to 2 hours for a firmer texture. If the nice cream becomes too hard to scoop, let it stand at room temperature for 10 to 15 minutes before serving. Top with dark chocolate chips or pulse them into the nice cream.

Chocolate Banana “Nice” Cream

- Add a tablespoon of unsweetened cocoa powder to banana mixture and blend. Top with coconut flakes, nuts or fruit