

## Nice Cream!

This is a totally guilt-free alternative to ice cream, and is healthier than the plant-based ice creams you can now buy, which still have a lot of fat.

Ingredients:

Very ripe bananas, frozen

Cacao powder (or cocoa)

Non-dairy milk such as almond, soy, cashew or oat

Optional: small amount of nut butter such as peanut butter or almond butter

Freeze very ripe bananas. I peel them and cut them into chunks. I always try to have these on hand in the freezer.

Put banana, some non-dairy milk, a bit of vanilla and some cacao powder in the blender and blend to the consistency of soft serve! If you have a Vitamix, it will come out firmer like real ice cream. A food processor works very nicely too.

For measurements, I would guess I use about a heaping teaspoon of cacao for each banana, a capful of vanilla, and enough milk to blend it.

Instead of the cacao you can use other fruit like strawberries or mango 😊

This is so delicious, who needs ice cream with all the fat and cholesterol?