

NICE CREAM – 3 Recipes

Basic recipe:

- 2 frozen bananas
- ½ cup nondairy milk (for creamier nice cream I recommend soy milk)

Optional add-ins:

Nut butter or PBfit
Chocolate chips or cacao nibs
Cocoa powder
Nuts
Toasted Coconut
Frozen strawberries or other fruit
Vanilla, almond or peppermint extract
Cinnamon

.... *Whatever other goodies you like in your ice cream you can add in.*



Blend all ingredients in a blender (The Ninja is my favorite blender for making nice cream). Don't overdo the milk or your nice cream will be too thin.

3 Guiltfree Varieties:

Peanut Butter Cup Nice Cream (see image above):

- 1-2 Tablespoons peanut butter (or PBfit)
- 1 Tablespoon chocolate chips or cacao nibs
- 1 Tablespoon peanuts

Mexican Hot Chocolate Nice Cream

- 1 Tablespoon cocoa powder (Hershey's Special Dark in my fave)
- ½ teaspoon cinnamon
- pinch of cayenne

Chocolate Caramel Nice Cream

- 1-2 Tablespoons almond butter
- 2 dates (blend first)
- ½ teaspoon vanilla
- 1 Tablespoon chocolate chips