

Chocolate “Nice” Cream

Ingredients:

- 2 bananas, cut into slices and frozen
- 1 T unsweetened cocoa powder
- ¼ tsp vanilla extract

Instructions:

- Place all ingredients into food processor or blender
- Pulse until the texture resembles soft-serve ice cream, about 3 minutes
- Serve immediately, or keep in airtight container in freezer up to 3 months
 - May add syrup, sweetener, fresh fruit, etc. to top for added flavor!



Strawberry “Nice” Cream

Ingredients:

- 1 banana, cut into slices and frozen
- ½ cup frozen strawberries
- ¼ tsp vanilla extract

Instructions:

- Place all ingredients into food processor or blender
- Pulse until the texture resembles soft-serve ice cream, about 3 minutes
- Serve immediately, or keep in airtight container in freezer up to 3 months
 - May add syrup, sweetener, fresh fruit, etc. to top for added flavor!

