

Easy Strawberry Banana Nice Cream (vegan, grain-free, refined sugar free)

Ingredients:

2 bananas, sliced

1 cup strawberries, cut into quarters (or other berries if you prefer)

¼ cup maple syrup

¼ cup coconut milk

Instructions:

1. Line a baking sheet with parchment paper. Place banana and strawberry slices on the baking sheet. Freeze for 2-3 hours until frozen.
2. Add frozen bananas, frozen berries, coconut milk, and maple syrup to a high-speed blender. Blend for a few minutes until completely smooth. (You may need to occasionally stop and scrape down the sides with a spatula.)
3. Serve immediately for soft serve. (If you prefer, freeze in individual containers for 1-4 hours until firm. Make sure they are individual serving containers because it will be difficult to scoop! Defrost 5-10 minutes before serving.)

In health and yumminess,
Mindy