



Banana Berry Nice Cream

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

Simple and delicious 'nice' cream made with just berries, bananas, and coconut milk.

Prep time: 5 mins Cook time: 0 mins Total time: 5 min + 30 mins freezer

Serves 4

Ingredients:

2 cups (480 mL) frozen mixed berries
1 medium frozen banana, peeled
¼ cup (60 mL) canned coconut milk solids
1 tablespoon (15 mL) honey (optional)
Pinch kosher salt (optional)
Splash fresh lemon or lime juice (optional)

Instructions:

1. Place all ingredients in the bowl of a food processor and puree until smooth, scraping the sides of the bowl as needed.
2. Transfer to a glass bowl fitted with a lid and place in the freezer for 30 minutes. Scoop and serve.

Cooking Tips: Store 'nice' cream up to 1 month in the freezer. Let sit at room temperature for a few minutes before scooping.

Substitution Tips: Try frozen peaches, mango or dark sweet cherries instead of berries.

Nutrition:

Serving Size: 1/4 of recipe

Calories: 69

Sugar: 9g

Sodium: 12mg

Fat: 1g

Saturated Fat: 1g

Unsaturated Fat: 0g

Trans Fat: 0g

Carbohydrates: 16g

Fiber: 2g

Protein: 1g

Cholesterol: 0mg