



Strawberry Ice Cream

2 servings

5 minutes

Ingredients

2 Banana (sliced and frozen)

1 cup Frozen Strawberries

Nutrition

Amount per serving	
Calories	144
Fat	1g
Saturated	0g
Carbs	37g
Fiber	5g
Sugar	19g
Protein	2g
Cholesterol	0mg
Sodium	3mg
Vitamin A	125IU
Vitamin C	56mg
Calcium	24mg
Iron	1mg

Directions

- 1 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy: Add 2 tbsp coconut milk.

More Scoopable: Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky: Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.