

# Strawberry Banana Nice Cream



## INGREDIENTS:

- 3 ripe bananas, sliced and frozen
- 2 cups frozen strawberries
- ¼ cup almond milk (or any milk of choice)
- 1 teaspoon vanilla extract (optional)

## INSTRUCTIONS:

1. Slice the bananas and freeze them for at least 2 hours or overnight.
2. Use pre-frozen strawberries or freeze fresh strawberries for at least 2 hours or overnight.
3. In a high-powered blender or food processor, combine the frozen bananas, frozen strawberries, almond milk, and vanilla extract (if using).
4. Blend on high until the mixture is smooth and creamy, scraping down the sides as needed. This may take a few minutes.
5. Serve the nice cream immediately for a soft-serve consistency. F
6. or a firmer texture, transfer the nice cream to a container and freeze for an additional 1-2 hours.

## NOTES:

Feel free to mix in other frozen fruits like blueberries or raspberries.

Top with fresh berries, dark chocolate chips, or chopped nuts for added texture and flavor.

