

Nice Cream

This basic Nice Cream recipe can easily be altered to fit your favorite ice cream flavor profile. In fact, we've included 5 variations to help get you started! Here's to everyone's new favorite summer treat!

Prep: Freeze bananas overnight

Bake Time: 5-35 minutes

Servings: 2



INGREDIENTS

(for Base Recipe)

2-3 bananas, peeled, sliced into coins, and frozen overnight

INSTRUCTIONS

1. Add frozen bananas into a blender or food processor and blend until you achieve a soft-serve texture.
2. You can serve immediately, or transfer to a container and freeze an additional 30 minutes, then scoop out with an ice cream scoop.

FLAVOR VARIATIONS

Vanilla: Use base recipe. Add 1 tsp vanilla extract to blender.

Strawberry: Use base recipe. Add 1/2 cup frozen strawberries and 1/4 tsp pure vanilla extract to blender.

Double Chocolate: Use base recipe. Add 2 tbsp cacao powder (unsweetened) and 1 tbsp maple syrup (or honey) to blender. After blending stir in 1 tbsp mini dark chocolate chips or cacao nibs.

Mint Chocolate Chip: Use base recipe. Add 1/8 tsp pure peppermint extract (or more if desired) to blender. After blending stir in dark chocolate chips or cacao nibs. (Optional: Blend in a pinch of spirulina or a small handful spinach for color and an extra nutrient boost.)

Coffee: Use base recipe. Add 1 tsp vanilla extract, 1/2 cup cold brew coffee, and 1/4 cup cocoa powder to blender. Top with dark chocolate chips or cacao nibs.