

# FRUIT ICE CREAM

have a recipe for the healthiest, creamiest most delicious ice cream ever created! Are you ready?

The main ingredient is frozen bananas but, it is best if you add in other frozen fruits like blueberries, strawberries, mango, etc. The key to the creamy texture is the banana but the other fruits add great flavor!

- 4 bananas, peeled and frozen overnight (or about one per person)
  - 1 cup frozen fruit of choice (blueberries, strawberries, mango, etc.)
1. Break bananas up into smaller pieces and place in food processor with other fruit.
  2. Process until smooth and creamy. (the machine may bounce around some until the bananas start to break up so keep an eye on it. ) or use Champion Juicer

I understand that this recipe does not sound near as good as it really is! but you MUST try it! I have done this at cooking schools and even after I demonstrate in front of the class, people always ask. "So what is in this besides fruit?" The answer is "Nothing!". A perfect gluten free, dairy free dessert everyone can appreciate!

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