

## Nice Cream

### Ingredients

- 4 very ripe bananas (the riper the bananas, the sweeter your nice cream will be)
- 1 teaspoon vanilla extract
- Small pinch of salt
- 1-2 tablespoons maple syrup (optional)
- ¼ cup milk of choice (optional)



### Directions

1. Begin by freezing the bananas. Peel the bananas and cut them into pieces. Put the banana chunks into a plastic bag, tupperware, or on a parchment paper-lined baking pan. Freeze the bananas for 6-8 hours or overnight, until frozen solid.
2. Once your bananas are frozen, it's time to make the nice cream. Put the bananas into a high-speed blender or food processor. Add the vanilla, salt and maple syrup, if using.
3. Begin blending. You will have to stop a few times and scrape down the sides of the food processor or blender with a spatula. Blend until you have a super smooth mixture the consistency of soft serve ice cream, this may take a few minutes. If you are having trouble blending you can add in ¼ cup milk of your choice to make blending easier.
4. Once your nice cream is super smooth it is ready to enjoy. You can either eat it straight away as soft serve, or you can pour the mixture into a tupperware or parchment paper-lined loaf pan and freeze for 2-3 hours then scoop and serve.
5. Top with any desired toppings, such as fresh fruit, chopped nuts, chocolate chips, or granola, and enjoy!

### Mix it Up

You can use this simple banana nice cream recipe as a base for endless other flavor options. Add in other frozen fruit for a fruity flavor, mix in cocoa powder for chocolate nice cream, or swirl in peanut butter or chocolate chips for a healthier version of your favorite ice cream.

### Our Favorite Flavors:

- **Very Berry:** Use three bananas and 1 cup of your favorite frozen berries (or a mix). Add the berries to the blender with the bananas and blend according to the recipe.
- **Mango Dream:** Use three bananas and 1 cup of frozen mango chunks. Add the mango to the blender with the bananas and blend according to the recipe.
- **Chocolate:** After you have blended the bananas and other ingredients till creamy, add in ¼ cup cocoa powder. Blend again for a few seconds until completely mixed in.
- **Peanut Butter Swirl:** After you have blended the nice cream, pour it into a bowl. Drizzle on ¼ cup runny peanut butter (or other nut butter) and stir a few times to swirl in.
- **Chocolate Chip:** After you have blended the nice cream, pour it into a bowl. Add in ¼-½ cup chocolate chips and mix well.
- **Mint Chocolate Chip:** When you are blending the bananas, add in a few leaves of chopped mint. Blend according to the recipe. After blending, pour it into a bowl. Add in ¼-½ cup chocolate chips and mix well.