

Strawberry Banana "Ice Cream"

 Recipe by Lara Rondinelli Hamilton, RD, LDN, CDE and Jennifer Bucko Lamplough | Source *The Diabetes Cookbook* | Photo by Mittera



Frozen bananas are the surprising base for this creamy, soft-serve "ice cream." It's dairy-free and vegan, low in saturated fat, made with no added sugars, and still totally delicious! Perfect for when you are craving dessert. You could use fresh or frozen strawberries. If using frozen, let them thaw first.

 2 hre prep time  4 servings  1/2 cup

Step-By-Step Instructions:

1. Peel bananas and slice into 1/4-inch rounds. Place in a bowl and freeze for at least 2 hours.
2. Once bananas are frozen, add them to a blender or food processor along with the strawberries and coconut milk. Blend on high speed 30 seconds.
3. Scrape down the sides of the blender and blend on high 30 more seconds. Repeat this process until mixture is smooth and the texture of soft-serve ice cream.
4. You can serve immediately or freeze for 30 minutes for a firmer texture.

Nutrition Facts

4 Servings

Serving Size 1/2 cup

Amount per serving

Calories **80**

% Daily value*

Total Fat 0g **0%**

Saturated Fat 0.2g **1%**

Trans Fats 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 19g **7%**

Dietary Fiber 3g **11%**

Total Sugars 10g

Added Sugars 0g **0%**

Protein 1g

Potassium 310mg **7%**

Ingredients

banana(s) 2

sliced strawberries 1 cup

coconut milk 2 tbsp