

Dairy-Free Almond Butter Banana Nice Cream

Serves 6

Ingredients:

- 4 frozen bananas (slice into chunks before freezing)
- 1/2 cup of unsweetened non-dairy milk of choice
- 1/2 cup almond butter (or nut butter of choice)
- 2 tsp. vanilla extract
- Optional mix-ins and/or toppings :
 - 1/4 cup mini chocolate chips
 - 1/4 cup chopped nuts
 - Granola or crumbled cookie
 - Diced fruit such as cherries, strawberries or raspberries



Directions:

1. Add the frozen bananas and non-dairy milk to a food processor. Process on low. Turn off the food processor and scrape sides as needed and mix up the bananas several times with a spoon throughout this step. Process until bananas are creamy. This works best if you take the bananas out of the freezer 10-15 minutes before making the nice cream. If you don't have time, that's OK too, you'll just need to scrape the sides more often.
2. Add the almond butter (or nut butter of choice) and vanilla extract to the food processor and process on low until mixed in.
3. Add the mix-ins and pulse until evenly distributed.
4. Enjoy as a soft-serve or transfer to a dish and place in the freezer for 5-6 hours or overnight for a scoop-friendly nice cream. The nice cream will become very hard, so you'll want to let it sit at least 30 minutes out of the freezer before scooping into a dish or a cone.
5. Top the nice cream as you please.

Nutrition Information per serving (1/6 of recipe):

Calories: 205, Total Fat: 12 g, Saturated Fat: 1 g, Unsaturated Fat: 10g, Cholesterol: 0 mg, Sodium: 20 mg, Carbohydrate 22 g, Fiber: 4g, Sugar:11 g, Added sugar: 0g (may vary based on add ins), Protein: 6

SOURCE: <https://therealfoodrds.com/dairy-free-almond-butter-banana-nice-cream/>
