

Banana “Ice Cream”

Makes about one quart

Ingredients

- 4 ripe bananas, peeled, cut into small cubes, and frozen
- ¼ to ½ cup vanilla soy, almond, rice, or coconut milk
- Mix ins (nut butter, dried fruit, shredded coconut, berries...you name it!)



Directions

- 1) In a food processor, combine the frozen cubed bananas and soymilk (or other milk substitute) until smooth and with a texture like soft-serve ice cream. (This may take up to 5 minutes).
- 2) With a spatula, fold in any mix-ins you like.
- 3) The ice cream is best served right away, but you can also freeze it and eat it later.