



Simple Soft Serve non-dairy Banana Dream

Ingredients

$\frac{1}{2}$ – $\frac{3}{4}$ cup almond milk (or non-dairy milk)
3 medium frozen bananas (about $1\frac{1}{2}$ cups)

Variation 2: 1 Tbs carob
 $\frac{1}{4}$ cup of slivered almonds

Variation Ingredients

Variation 1: 1 package frozen pineapple
 $\frac{1}{2}$ cup shredded coconut

Variation 3: 1 Tbs chocolate powder
 $\frac{1}{4}$ cup of slivered almonds

Instructions

Peel bananas & cut into 1 inch slices. If you have a regular blender cut the slices in half as well so they are smaller. Place on a plate with foil on it & put into the freezer. (Freeze the bananas for at least 6–10 hours so they are very firm.

Pour the $\frac{1}{2}$ cup of milk in a blender. Add about $\frac{1}{2}$ of the sliced bananas and mix until smooth. Gradually add more banana until it is the consistency of a soft serve dessert.

Variation 1: Island Surprise

Add frozen pineapple and shredded coconut when you blend it. Add more Almond Milk or non-dairy milk.

Variation 2: Carob Banana Freeze

Use 1 Tbs of carob in the basic Banana Dream recipe. Optional add $\frac{1}{4}$ cup of slivered almonds.

Variation 3: Chocolate Banana-Nut Freeze

Use 1Tbs of non-fat (or regular) chocolate powder in the basic Banana Dream recipe. Add $\frac{1}{4}$ cup of slivered almonds.

Makes about 1 medium size serving or 2 small servings. Increase almond milk & the amount of frozen fruit you use to make more frozen dessert.



Food Funtastic

(A Fun Food Show)

Food-Funtastic.com

661-871-8155

*Note: Use a heavy duty blender if you have one. I suggest a VitaMix, Blendex, or Ninja. If you have a regular blender—have patience it will work, but you will have to cut your fruit into smaller pieces.