

Banana Nice Cream

Prep time:

5 minutes

Yields:

4 people

Ingredients:

4 bananas, peeled, chopped and frozen

½ teaspoon vanilla extract

1/4 cup unsweetened almond milk

Directions:

Combine ingredients in a food processor or high-quality blender (such as a Vitamix) and blend until you achieve a consistency that resembles soft serve.