

Raspberry Bliss Ice Cream

Sarah Roberts

4-6 Servings

Why I make this: I loooove ice cream. It is cold, sweet and oh-so-tasty. But the parlour kinds are typically loaded with refined sugar that make me feel sluggish after eating. I can enjoy this one a few times a week and still feel great! The bananas add creaminess but only mild flavour as the raspberries steal the show in this recipe.

INGREDIENTS

1 cup milk of choice (I like home-made or store-bought vanilla almond milk, coconut milk, cashew milk or you can use organic cow's milk. You could also use water, it will just be more sorbet-like.)

2 cups frozen organic raspberries (I buy them at Costco or else buy in the summer and freeze)

2 ripe bananas, sliced into coins and frozen overnight

Pinch of Himalayan salt

DIRECTIONS

1. In a high speed blender, add the milk, berries, bananas and salt.
2. Using a tamper, keep pulsing the blender and tamping down the fruit until everything is blending and incorporating.
3. Scoop the ice cream into a freezer-safe container.
4. You can enjoy it as soft-serve right away or else freeze for a few hours to make it firm.
5. Scoop, serve and enjoy!

NOTES: If you freeze it overnight, you will need to place it in the fridge (or on the counter) to thaw a bit before serving. **For garnish, if you have them, use a few fresh raspberries....heaven**