

STRAWBERRY BANANA NICE CREAM

Sarah Roberts

Why I Make This: Cold, creamy, sweet and berry-licious, this Nice Cream will leave you satisfied but never drained. It's so good, even the kids will love it!

INGREDIENTS

- * 2 very ripe bananas, sliced into coins and frozen on a parchment-lined plate
- * 2 cups frozen strawberries (I freeze fresh berries or buy the organic bag frozen at Costco)
- * 2 cups plain or vanilla almond milk (home made or store bought)
- * Pinch of Himalayan salt

INSTRUCTIONS

Blend everything in a high speed blender and pour into a freezer-safe container. It will likely be "soft-serve" right away, but for firmer ice cream, freeze for a couple of hours. If you leave it in the freezer, it will freeze completely and need to be thawed before serving. Enjoy!

Note: free to add in some raw coconut or chopped nuts for added texture. Anything goes!

CHOCOLATE PEANUT BUTTER BANANA NICE CREAM

Sarah Roberts (adapted from The Detoxinista)

Why I Make This: Chocolate and peanut butter, to me, are the absolute perfect flavour combination. But most store-bought treats are filled with ingredients I'd rather avoid. Enter, Chocolate Peanut Butter Banana NICE CREAM!

INGREDIENTS

- * 2 very ripe bananas, sliced into coins and frozen on a parchment-lined plate
- * 2 cups plain or vanilla almond milk (home made or store bought)
- * 1/4-1/2 cup organic, all natural peanut butter
- * 1 tablespoon raw cacao powder (or cocoa powder)
- * Pinch of Himalayan salt
- * 7 ice cubes

IINSTRUCTIONS

Blend everything in a high speed blender and pour into a freezer-safe container. It will start out like a milkshake, so you can enjoy it right away or freeze it for a couple of hours to turn into Nice Cream. If you leave it in the freezer, it will freeze completely and need to be thawed before serving.

HEALTHY MALTED MILKSHAKE

Sarah Roberts (adapted from The Detoxinista)

Serves 4

Why I Make This: Malted milk shakes start with a whole whack of dairy and sugar. I played with what I had on hand and came up with a recipe that tastes AMAZING while using better ingredients, and I like that the consistency is almost like soft-serve, so you can use a spoon OR a straw! Plus, it doesn't require ANY prep ahead of time. Enjoy!

NOTE: If you don't have a high speed blender, I don't know if this recipe will turn out, as the ice really puts the blender to work!

INGREDIENTS

- * 2 ripe bananas (**IF** you have frozen, the recipe will turn out creamier)
- * 3/4 cup plain or vanilla almond milk (home made or store bought)
- * 1/4-1/2 cup organic, all natural peanut butter
- * 1 tablespoon raw cacao powder (or cocoa powder)
- * Pinch of Himalayan salt
- * 13 ice cubes
- * 1-2 tablespoons of malted milk powder (OPTIONAL)

INSTRUCTIONS

Blend everything in a high speed blender and distribute evenly among 4 glasses or dishes. Enjoy right away as it melts quickly!