

## **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!