



RELISH HEALTH

## **Banana “Nice” Cream**

*Whole fruit is an ideal dessert. Its sweetness is packaged with other nutrients like fiber and antioxidants that balance the blood sugar effects of the natural sugars. Bananas, in particular, can make a fabulous ice cream. The high sugar and pectin content of the fruit produces a creamy, custard like treat when pureed.*

Servings: 4

Time: 5 minutes active time (bananas need to be frozen for several hours in advance)

### **Ingredients:**

4 peeled bananas, frozen in chunks

2-4 tablespoons almond milk (optional- add if needed to reach desired texture)

1 teaspoon vanilla extract (optional)

### **Directions:**

- Place the frozen bananas in a blender or food processor with the vanilla. Process the fruit until the bananas reach a creamy consistency similar to soft serve ice cream. Start with 2 tablespoons of almond milk and add additional tablespoons as needed to get the desired texture.
- Serve immediately in a cold bowl or freeze for later.

### **Variations:**

- Chocolate banana: Add 2-4 tablespoons cocoa powder to the recipe above
- Peanut butter banana: Add 2-3 tablespoons peanut butter and 1 teaspoons honey to the recipe above
- Caramelize bananas with toasted pecans: Substitute 2 caramelized bananas for 2 of the bananas in the recipe above. To caramelize the bananas, cut them in half lengthwise and lightly brown in a skillet with 1 teaspoon coconut oil. Freeze the bananas and process like above. Top with toasted pecan pieces.

*Nutrients per serving: Calories 105, Fat 0.5g, Total Carbs 27g, Fiber 3g, Sugar 14g, Protein 1g*

ERICA LEAZENBY, MD CHEF

1200 W. Carmel Drive | Carmel, IN 46032 | 317.975.1011 | [erica.leazenby@relishhealthmd.com](mailto:erica.leazenby@relishhealthmd.com)