

FIONA TUCK

NUTRITION WELLNESS YOGA



Nice Cream

Ingredients:

Mango Vanilla Nice Cream:

2 frozen bananas
1 cup of frozen mango
1 cup of milk (use milk of your choice)
Teaspoons of vanilla extract

Raspberry Nice Cream:

2 frozen bananas
1 cup of frozen raspberries or mixed berries
1 cup of milk (use milk of your choice)
Teaspoons of vanilla extract
1 tablespoon of maple syrup

Choc Nut Nice Cream:

2 frozen bananas
1 cup of pitted cherries
1 cup of milk (use milk of your choice)
2 teaspoons of vanilla extract
¼ cup of raw cacao
1 tablespoon of maple syrup (sweeten to taste)

Prep: 15 mins

Cook: N/A mins

Serves: 2-4

Directions:

1. Place all ingredients in a blender and blend until smooth.
 2. Serve in a bowl or ice cream cone.
-