



3 INGREDIENT SUGAR AND DAIRY FREE BLUEBERRY ICE CREAM

INGREDIENTS:

2 frozen bananas
3 huge handfuls of frozen blueberries
1/2 can organic whole coconut milk

DIRECTIONS:

Throw all ingredients into your Vitamix. Starting out on slow, and quickly increasing the speed, and using a tamper, blend the ingredients until well mixed and processed.

Eat Immediately.