

“Nice” Cream

Ingredients

- Fresh or frozen Fruit of Choice (Banana works best to achieve a creamy dessert, while mango, pineapple, or berries are great for a sorbet)
- Water, Juice, Milk or milk substitute
- Optional: Cocoa powder, mint, vanilla, or peanut butter



Nutrition Tip:
Frozen fruit is affordable and won't spoil quickly - making it the perfect sweet and healthy treat!

Directions

If using fresh fruit, peel and cut into pieces and freeze overnight or until fully frozen.

Place frozen fruit in the blender or food processor and puree until smooth and thick.

If the blender gets stuck,, add liquid to until you achieve the consistency you want.

Enjoy immediately or place in the freezer for later! Let it thaw for 15 minutes to soften.

Recipe adapted from

(<https://chocolatecoveredkatie.com/2016/08/22/banana-ice-cream-healthy/>)

This recipe is featured in our No Cook Video at

uhs.berkeley.edu/topics/nutritionblog.

Get more recipes at **uhs.berkeley.edu/studentnutrition**