

Non Dairy Blender Ice Cream

These are very general amounts for a large single serving. Adjust as needed.

Banana Ice Cream

This is the base for all other flavors other than the strawberry sorbet in which case just add frozen strawberries.

2 frozen bananas. (Have these cut and frozen ahead of time.)

1/8th to 1/4 cup water. Start with less.

Place in blender and blend till thick and creamy.

For added nutrition you can always add 1 tb psyllium husk (makes it extra thick and adds fiber) and/or fresh ground flax seed or flax seed oil which is a mega nutrient dense food.

Chocolate Ice Cream

Base ingredients.

1 heaping tsp cacao or carob powder. Adjust as needed.

Sweetener as needed.

Blend all.

Strawberry Ice Cream

Base ingredients.

1/2 cup frozen strawberries.

Blueberry Ice Cream

Base Ingredients

1/2 cup frozen blueberries.

Raspberry Ice Cream

Base Ingredients.

1/2 Cup Frozen raspberries.

Strawberry Sorbet

2 cups frozen strawberries.

1/8th to 1/4 cup water. Start with less.

Sweeten to taste.

Blend

Rocky Road Ice Cream

Base Ingredients

1 heaping tsp cacao or carob powder. Adjust as needed.

Sweeten as needed.

Blend.

After blending, fold in any or all of the following:

1/2 unfrozen banana cut into pieces>

2 to 3 TB dark chocolate chips.

1 heaping TB nuts of choice.

Raw unsweetened coconut.

