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.