

How-To Make Easy Vegan Nice Cream

What you will need to get started:

A blender

3-4 frozen bananas, unpeeled, cut into chunks

Liquid to cover blender blade (any non-dairy milk, juice or water)

Instructions:

Put ingredients in blender and pulse on high setting for about 5-6 seconds. Take off lid and give a good stir. Repeat the process 3-4 more times until bananas are mostly blended and nice cream reaches the consistency of a thick milkshake. If adding toppings for a chunky consistency, add at the end and pulse for 1-2 seconds. Ready to serve immediately.

Ideas for toppings:

nuts, peanut butter, chocolate chips, chopped candy bars, fresh mint, any type of fresh, frozen, or dried fruit, maple syrup or jam

Safety Considerations:

Never stir or take lid off while blender blade is moving.