



SERVES 6

INGREDIENTS

4 ripe bananas
4 dates or 2 tbsps maple syrup
1/2 cup almond milk
1/4 cup almond butter
1/4 cup cacao powder
2 tbsps instant coffee powder
1 pinch flaky sea salt

CHOCOLATE COFFEE NICE CREAM

METHOD

- In a blender, pulse all the ingredients until smooth.
- Transfer to a freezer safe container and freeze for 4 hours or overnight.
- Remove 10 minutes before scooping to soften the nice cream a bit.
- Scoop and enjoy.



DREAMY ALMOND CHOCOLATE "NICE-CREAM"

SERVES 3

INGREDIENTS

3 frozen bananas
6 tbsp cocoa powder
3 tbsp almond butter

Optional:

$\frac{1}{4}$ – $\frac{1}{2}$ cup almond milk
Only use if you don't have a
high-powered blender.

Toppings:

Chopped almonds
Shaved chocolate
Cocoa powder &/or rose
petals

METHOD

1. Place the frozen bananas, cocoa powder and almond butter in your high-powered blender or your food processor.
2. Note: if you are using your food processor you will need to add some almond milk to help it blend.
3. Start with $\frac{1}{4}$ cup and add more as needed.
4. Blend on high until smooth, using your plunger to help push the bananas to the bottom of the blender.
5. Serve immediately with any or all of the toppings or freeze for up to an hour.
6. NOTE: If you have leftovers, freeze them in a small container but know that the edges of the ice cream will soften while the inside is still very solid. It makes it a little tough to eat, but it is still delicious.



SERVES 3

INGREDIENTS

2 cups frozen pineapple

1/4 cup milk of choice

(Try canned coconut milk for piña colada soft serve!)

1/16 tsp salt

pinch pure stevia, or 2 tbsp sugar
of choice

1 tbsp lemon juice

PINEAPPLE NICE CREAM

METHOD

- Blend all ingredients until smooth.
- Scoop out with an ice cream scoop, or squeeze through a pastry bag, or a plastic bag with an edge cut off.
- If your blender is not super-powerful, you may need to add a little more liquid and then freeze a bit before serving, or churn in an ice cream maker.
- For soft-serve that holds its shape longer, freeze the swirled Pineapple Nice-cream at least 20 minutes prior to serving.



SERVES 3

INGREDIENTS

4 frozen overripe bananas
1/4 cup almond butter or
allergy friendly sub
3 tbsp superfood of choice
(optional)
2 tbsp berry / vanilla protein
powder (e.g. Wazoogles)
1/8 tsp salt optional
1 cup frozen berries of
choice
1/8 tsp pure vanilla extract.

PROTEIN NICE CREAM

METHOD

- Blend all ingredients until completely smooth.
- If you're not using food processor, thaw the bananas a little before blending so your machine will be able to handle them.
- Either serve immediately as soft serve, or freeze up to an hour and then scoop out with an ice cream scoop for the classic ice-cream shape.



SERVES 1

INGREDIENTS

1/2 avocado
1 tsp coffee / matcha
1 scoop protein powder
1 tsp cocoa
1/2 tsp vanilla extract
1 tsp nut butter / flaxseeds
dash of cinnamon
sweetener of your choice
liquid of your choice
ice

MOCHA MOUSSE

METHOD

1. Add all of the ingredients to a blender and blend until smooth and creamy.
2. Add more liquid to your desired consistency.
3. Pour into a glass and serve immediately.