

Nourish Me Ice-Cream for Breakfast, Lunch or Dinner!



Servings: 1 Preparation Time: 3 mins

Ingredients

3 ripe frozen bananas
1 cup organic frozen mixed berries
1/2 ripe avocado
25 g sunflower seeds
25 g almonds
25 g flaxseeds
25 g pumpkin seeds
1/2 tsp organic vanilla extract or one scraped vanilla bean
4 dates (without pits)

Directions

1. Grind nuts and seeds to make a powder (flaxseeds need to be very well ground to be totally broken down - I grind these first)
2. Add dates and blend again
3. Add remaining ingredients and blend well until forms a perfectly smooth paste. The time for this will determine on how powerful your food processor is. I have a thermomix and it can take up to 3 minutes.
4. Serve immediately as this ice-cream does melt pretty fast!

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