

Nourish Me Raspberry Delight Ice-Cream



Servings: 2 Preparation Time: 2 mins

Ingredients

2 frozen bananas
2 tbsp (optional) organic frozen fermented coconut yoghurt (health food shop) — still works fine without but nice way to get some good probiotics into kids! Just freeze in ice cube trays.
1 cup spray free frozen raspberries
5 tbsp magic sprinkles
Handful macadamias
1 tsp organic vanilla extract

Directions

1. Grind macadamias and then add everything else and blend baby blend!

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  123nourishme on Facebook and Instagram