

Recipe of the Week

We all enjoy a nice dessert after dinner. In the heat of Florida, “nice cream” (a dairy free frozen dessert you make at home) is always a welcomed treat. I like to have a large bag of frozen bananas in the freezer at all times to make nice cream. I wait until the bananas are really ripe before freezing—that is when they are the sweetest. Chop them in 1” pieces and allow them to freeze several days before making the nice cream. (Ok, if you can’t wait, at least one day in the freezer before blending!) This ***Chocolate Cherry Nice Cream*** combines two of my favorites—chocolate and cherries. By the way, if you don’t like cherries, try frozen mangos, blueberries, strawberries or other frozen fruits. All are sinfully delicious!

Chocolate Cherry Nice Cream:

Serves 6-8

Ingredients:

4 large very ripe bananas frozen
2 cups frozen cherries
1+ cup vanilla almond milk or other plant-based milk
1/3 cup cocoa
2 teaspoons vanilla extract

Optional toppings:

Chopped frozen cherries
Chopped walnuts
Vegan mini chocolate chips

Instructions:

To freeze your bananas, peel and chop bananas into 1” pieces. Place in Ziplock Freezer Bag at least 1-2 days prior to making nice cream.

In a high-speed blender (see note if you are not using a high-speed blender), add 1 cup almond milk, cocoa and vanilla extract. Add two frozen bananas and two cups of cherries to the blender; blend on high. Slowly add remaining bananas until all are incorporated. Do not over blend! You may need additional almond milk, but be careful not to add it too quickly.

This makes an excellent soft-serve. I like to freeze in 5-ounce containers for future treats. If you do freeze smaller portions, remove them from the freezer and place in the refrigerator an hour before serving to allow them to soften.

Note: If you don’t have a high-speed blender, you may want to add the bananas and cherries on a slower basis. Start with one cup of bananas and one cup of cherries, and slowly add the remaining ingredients.

