

Ice cream for fireworks

ABOUT 2 SERVINGS

Berries are the perfect treat to share with family and friends during the hot summer days, as well as to celebrate our country's Independence. This nondairy "ice cream" with not added additives will sure be the cherry on top on this celebration. –July 2015.

MAKE AHEAD: The peeled bananas, hulled strawberries and clean blueberries need to be in the freezer for at least 4 hours and preferably overnight in a Ziploc bag. The ice cream is best eating immediately.

Ingredients

ICE CREAM

- 2 large peeled bananas frozen
- 1/2 cup of hulled frozen strawberries
- 1/2 cup of frozen blueberries
- 2 tbsp. of nondairy milk
- 1 tsp of maple syrup

TOPPINGS

- 1 large banana
- 1/3 cup of strawberries
- 1/3 cup blueberries
- Mint leaves to your preference. (Optional)



A gift from Kanun Andrade,
Author of **Very Exciting, Great And Nutritious (VEGAN) Cookbook**
<http://www.safetolearn.com/the-very-exciting-great-and-nutritious-vegan-cookbook.html>

Kitchen tools

Food processor

Ice-cream scoop

Directions

- Gather all the ingredients as well as the kitchen tools before getting the fruit out of the freezer.
- Get the Ziploc bag with the fruit out of the freezer. Put the frozen bananas, strawberries and blueberries, 2 tbsp. of nondairy milk, 1 tsp of maple syrup and a splash of vanilla into the food processor. Close the lid and begin to pulse for 30 seconds or until it looks like a purée and is ready to be served with the ice-cream scoop into your favorite bowl.
- Add the toppings to your like and a mint leaf. Enjoy and celebrate!

