AMERICAN · DESSERT · SNACK

Banana Nice Cream (Dairy-Free Soft Serve)

5 min · Serves 2 · 123 kcal a serve · Video 4:34 · Clean & Delicious

Vegan · Paleo · Gluten-free ingredients

Just frozen banana blended to soft serve, with no dairy and about 3 g of added sugar a serve from the maple syrup; rich in vitamin B6 and a source of fibre.

Diet notes: Low saturated fat (0.1 g, 1% of the energy); DASH-friendly (70 mg sodium a serve).

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Ingredients 5 · SERVES 2

- [ ] 2 **ripe bananas**, frozen in thirds
- [ ] 1–2 tbsp **unsweetened almond milk** (optional; or any milk)
- [ ] 1–2 tsp **maple syrup** (or honey or monk fruit)
- [ ] a pinch of **sea salt**
- [ ] a dash of **vanilla extract**

Allergens found in the listed ingredients: Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel ripe, brown-spotted bananas, cut them into thirds and freeze on a lined tray for 4–6 hours, until solid, then move them to a freezer bag. 0:49
2. Take the bananas out a couple of minutes before using. Put them in a food processor (or blender) with 1 tbsp of milk, if using. 1:39
3. Pulse, scraping down the sides now and then, until the banana turns from crumbly to thick and creamy like soft serve. Add a second tbsp of milk only if needed. 2:05
4. Add the maple syrup, a pinch of salt and the vanilla and blend once more. Eat straight away, or freeze in a container for up to 3 months and soften before scooping. 2:31

> **Tip** Freeze the bananas 4–6 hours ahead (not included in the time), in a single layer so they don't stick together. Blend in a scoop of protein powder and a splash more milk for a post-workout treat.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
123 kcal	1.4 g	31 g	3.2 g	0.5 g	70 mg
510 kJ	3% of a day	28 g net · 18 g sugars	11% of a day	0.1 g saturated	3% of a day
		11% of a day		1% of a day	

Energy from net carbs 91% · protein 5% · fat 4%

High in (20%+ of a day) Vitamin B6 26%

Source of (10–19%) Vitamin C 12% · Potassium 10%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=wZxVSBIEJnq, published 9 July 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/banana-nice-cream