GLOBAL · DESSERT · SNACK

Berry Banana Nice Cream (Dairy-Free, No Churn)

10 min · plus a few hours freezing | Makes 4 × 1 scoop (½ cup) | 113 kcal a portion

Video 6:38 · Toasty Apron

Vegan | Paleo | Gluten-free ingredients

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Frozen bananas and berries give the creaminess and most of the sweetness, with only 1 tbsp maple syrup for four scoops: about 110 kcal, 3.5 g fibre and 3 g added sugar a scoop, and no dairy.

Diet notes: Low saturated fat (0.1 g, 1% of the energy); DASH-friendly (10 mg sodium a serve).

Ingredients 5 · MAKES 4 × 1 SCOOP (½ CUP)

- [ ] 4 medium **ripe bananas** (360 g), sliced and frozen
- [ ] 2 tbsp **unsweetened almond milk**
- [ ] 1 tsp **vanilla extract**
- [ ] 140 g **frozen berries** (strawberries, blueberries and raspberries)
- [ ] 1 tbsp **maple syrup**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

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. Use very ripe, well-spotted bananas. Slice them before freezing so they blend easily, and freeze for a few hours until solid. 1:06
2. Put the frozen banana slices in a high-speed blender or food processor with the almond milk, vanilla, frozen berries and maple syrup. 3:28
3. Blend on low, stopping to stir now and then, until thick, smooth and creamy. 3:47
4. Scoop into a container. Eat straight away as soft serve, or freeze for a few hours for a firmer scoop (let it soften for about 20 minutes first). 3:57

> **Tip** Bagged frozen banana slices work too. For no added sugar, swap the maple syrup for a little stevia, as the cook suggests. Stores for a few weeks in the freezer in a jar.

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

One portion, 1 scoop (½ cup), gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
113 kcal	1.3 g	28 g	3.5 g	0.5 g	10 mg
470 kJ	3% of a day	24 g net · 16 g sugars	13% of a day	0.1 g saturated	0% of a day
		10% of a day		1% of a day	

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

High in (20%+ of a day) Vitamin B6 21%

Source of (10–19%) Vitamin C 18%

Recipe and video: Toasty Apron (@toastyapron) on YouTube — youtube.com/watch?v=Pup3qSSRAJA, published 16 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/berry-banana-nice-cream