

Food Therapy

NEWSTALK

610
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Banana Ice Cream

- 2 - 3 overly ripe bananas
broken into chunks and frozen
- 2 - 3 tbsp nut milk
- 1 tsp vanilla bean paste

Place all the ingredients into a food processor and pulse to break up the bananas, scraping down the sides of the bowl as you go. Pulse until you have a cold, creamy mass. Now add flavours.

Flavour options

- 1/2 cup frozen sweet cherries and chocolate chips
- an equal amount of frozen strawberries
- 1/2 cup cocoa powder

Pulse the flavour ingredients into the creamy bananaa. Divide into individual serving portions and freeze overnight.

Makes 5 to 6 servings.



Recipe courtesy of Lynn Ogryzlo

Episode: Healthy Snacks

Email Lynn with questions or comments at
FOOD101program@gmail.com

Because What You Eat Matters!