

Ice Cream Alternative!!!

Skip the cone and opt for this super simple two ingredient recipe for "Nice" Cream:

1 large frozen banana

$\frac{1}{4}$ cup coconut water or unsweetened almond milk

Directions:

1. Blend frozen banana and coconut water until smooth in a blender or food processor

2. Top with your favorite sundae toppings like nuts, berries, coconut flakes, or drizzle with your favorite nut butter!

This recipe will satisfy your sweet tooth, and keep you cool on those hot summer days!

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