

Carob Nice Cream

Ingredients:

- 2 frozen bananas, sliced
- 1/2 cup unsweetened almond milk
- 1/2 tablespoon carob powder
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon salt (*omit if avoiding salt)



Nutrition Facts

3 servings per container
Serving size 1/2 cup (124g)

Amount per serving
Calories 80

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 130mg | 6% |
| Total Carbohydrate 19g | 7% |
| Dietary Fiber 2g | 7% |
| Total Sugars 10g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 90mg | 6% |
| Iron 0mg | 0% |
| Potassium 311mg | 6% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Place all the ingredients in a blender and blend until smooth.
2. Eat immediately or freeze leftovers in an airtight container.
3. Serve plain or topped with fruit or nuts and seeds of your choice.

* If salt is omitted , the sodium drops to 30mg per serving.

Recipe by Maggie Carneiro, Dietitian



*VEGAN



*GLUTEN-FREE