

Desserts

Banana Walnut Ice Cream

Claudia Bullock

Serves: 2

Preparation Time: 2 minutes

Ingredients:

2 ripe bananas, frozen (see note)

1/3 cup vanilla soy, hemp or almond milk

2 tablespoons chopped walnuts

Instructions:

Blend all ingredients together in high-powered blender until smooth and creamy.

* Freeze ripe bananas at least 8 hours in advance. To freeze bananas, peel, cut in thirds and wrap tightly in plastic wrap.

Per Serving:

CALORIES 174; PROTEIN 4g; CARBOHYDRATES 30g; TOTAL FAT 5.9g; SATURATED FAT 0.7g; SODIUM 23mg; FIBER 4.1g; BETA-CAROTENE 178ug; VITAMIN C 10mg; CALCIUM 28mg; IRON 1mg; FOLATE 37ug; MAGNESIUM 53mg; ZINC 0.6mg; SELENIUM 3.5ug

Dr. Fuhrman

