

Desserts

Chocolate Cherry Ice Cream

*Breemarie***Serves:** 2**Preparation Time:** 5 minutes**Ingredients:**

1/2 cup vanilla soy, hemp or almond milk
1 tablespoon natural non-alkalized cocoa powder
4 dates, pitted
1 1/2 cups frozen dark sweet cherries

Instructions:

Blend all ingredients together in a high-powered blender or food processor until smooth and creamy. If using a regular blender, only add half the cherries, blend until smooth, then add remaining cherries and continue to blend.

You can also use berries or banana instead of cherries. Freeze ripe bananas at least 12 hours in advance. To freeze bananas, ripen them until they are speckled (at their sweetest point), peel them and cover tightly in plastic wrap or put in plastic baggies. Cut them into one-inch slices before you put them into the blender for easier blending.

Per Serving:

CALORIES 120; PROTEIN 4g; CARBOHYDRATES 26g; TOTAL FAT 1.9g; SATURATED FAT 0.5g; SODIUM 23mg; FIBER 4g; BETA-CAROTENE 608ug; VITAMIN C 2mg; CALCIUM 98mg; IRON 1.4mg; FOLATE 9ug; MAGNESIUM 39mg; ZINC 0.5mg; SELENIUM 2.2ug

Dr. Fuhrman