

Desserts

## Pistachio Ice Cream

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**Serves:** 3

**Preparation Time:** 5 minutes

**Ingredients:**

2 frozen bananas

1/4 cup soy, hemp or almond milk

1 tablespoon ground flax seeds

1/2 cup raw pistachio nuts, toasted

1 medjool or 2 diglet noor dates, pitted

**Instructions:**

Blend all ingredients together in a high-powered blender.

**Per Serving:**

CALORIES 346; PROTEIN 9g; CARBOHYDRATES 47g; TOTAL FAT 16.4g; SATURATED FAT 2g; SODIUM 18mg; FIBER 8.1g; BETA-CAROTENE 119ug; VITAMIN C 12mg; CALCIUM 62mg; IRON 2mg; FOLATE 50ug; MAGNESIUM 97mg; ZINC 1.1mg; SELENIUM 5.7ug

Dr. Fuhrman

