

Blueberry Banana Ice Cream



Healthy never tasted better! In addition to being refreshing, this ice cream has high Potassium content from the banana, and high antioxidant levels from the blueberries. The optional cacao nibs add Magnesium, an important nutrient especially for people with brain trauma, as it calms the brain.

Ingredient List:

- ✎ 1 large fresh ripe banana
- ✎ 1.5 cups frozen blueberries
- ✎ **Optional:** 1 teaspoons cacao nibs

Preparing the Ingredients:

- ✎ Peel and slice 1 fresh banana
- ✎ Measure 1.5 cups frozen blueberries
- ✎ **Optional:** Measure 1 teaspoon cacao nibs

Preparing the Dish:

- ✎ Add the banana and blueberries to the food processor
- ✎ Pulse the food processor until the banana and blueberries are mixed, but still a bit chunky, so one can taste the individual fruits.
- ✎ Remove the ice cream from the food processor
- ✎ **Optional:** mix in the cacao nibs before serving
- ✎ Serve immediately or freeze as popsicles.