

Strawberry Banana Ice Cream



This ice cream has high Potassium content from the banana. While the antioxidant level is not as high as that from the blueberries, it is still higher than from most other fruits. The optional cacao powder adds Magnesium to the ice cream, an important nutrient especially for people with brain trauma, as it calms the brain.

Ingredient List:


- ✎ 1.5 large ripe banana
- ✎ 8 ounces (250 grams) fresh ripe strawberries
- ✎ **Optional:** 1 teaspoon cacao powder

Preparing the Ingredients:








- ✎ Preparing the banana¹:
 - Peel 1.5 banana
 - Thinly slice and distribute in a single layer on a plate
 - Cover with plastic wrap
 - Place in the freezer for 2 hours
- ✎ Preparing the strawberries:
 - Wash the strawberries
 - Remove blemishes
 - Core the strawberries

¹ Do not use pre-frozen banana chunks as they are typically large, and they could blunt the food processor knife.

- Coarsely slice the strawberries

 **Optional:** Measure 1 teaspoon cacao powder

Preparing the Dish:

-  Wet a kitchen towel with hot water
-  Place the plate with banana slices on the hot towel. The banana slices will release from the plate.
-  Add the banana slices and strawberries to the food processor
-  Add the cacao powder
-  Pulse the food processor until the banana and strawberries are mixed, but still a bit chunky, so one can taste the individual fruits.
-  Remove the ice cream from the food processor
-  Serve immediately or freeze as popsicles.