Strawberry Banana "Nice" Cream

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8 Servings

Ingredients

4 bananas (Congele los bananos en pedazos pequeños)

3 c strawberries (Congeladas)

Instructions

Place strawberries in a bowl and sprinkle with stevia. Microwave in 30 second intervals until mixture softens.

Add bananas and strawberry mixture to the blender. Blend until consistency is smooth and creamy. If needed add a splash of dairy free milk, such as almond or coconut milk.

Enjoy immediately or place the mixture in a container in the freezer. The mixture will freeze solid so remove 10 minutes before serving.

Notes

Blueberries or Raspberries can also be substituted.