

Dark Sweet Cherry Almond nice Cream

BY TRICIA SILVERMAN, RD, MBA

Serving: 1

Ingredients

1 cup frozen dark sweet cherries
½ frozen banana
½ Tbsp almond butter (optional)
½ cup soy milk or almond milk or skim milk
½ tsp cocoa or organic cacao powder (optional)

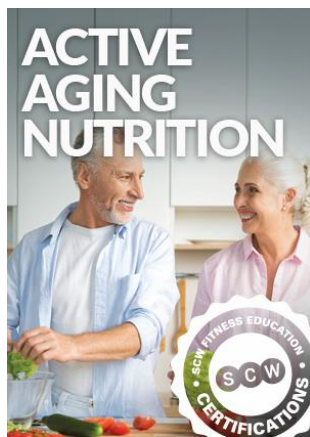
Directions

In a blender, blend all the ingredients, adding the milk slowly...you may need to add a little more or less milk depending on the consistency you desire.

Ideally, it should resemble the consistency of soft serve ice cream.

Nutrition Information

210 Calories
7 g Protein
34 g Carbohydrate
6 g Fat
5 g Fiber
0 Added sugar



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