

# 3-INGREDIENT VEGAN ICE CREAM

adapted from [detoxinista.com](http://detoxinista.com)

---

Yield: 4 servings

Prep Time: 5 minutes

Freezing Time: 1 - 2 hours

Storage: freeze up to 2 weeks

---



## Ingredients

4 frozen ripe bananas – see note\*

1/4 cup peanut butter, or any nut butter of your choice

1 tsp vanilla extract

*Optional:* pinch of salt if using unsalted nut butter

\*About freezing the bananas:

Peel and slice the bananas into 1/2-inch coins. Place the slices onto a parchment-lined baking sheet in a single layer and freeze overnight. This prevents the slices from clumping together and making it hard to blend properly.

## Directions

1. Add all the ingredients into a food processor. Process for about 4 - 5 minutes, or until the bananas break down into a creamy, soft-serve consistency. Scrape down the sides of the food bowl as needed. Depending on the power of your food processor, you may need to add 1 to 2 tablespoons of water or milk to help facilitate the blending. Try to not add too much liquid as this will result in a watery ice cream.
2. Serve immediately for a soft-serve style dessert, or transfer to a container and freeze for 1 - 2 hours (until your desired level of firmness) to get a more scoopable type of ice cream. Enjoy!