

'Nice' Cream - Berry

Yield: 4 cups
Prep Time: 10 minutes
Author: Chef Chandra, Cooking with Chef Chandra

Ingredients

- 2 bananas, peeled, halved
- ½ avocado, pitted, peeled
- 2 cups blueberries, strawberries, or raspberries (or combination)
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cardamom, (optional)
- 1 Tbsp honey or maple syrup or sweetener of your choice
- 3 cups ice cubes

Instructions

1. Place all ingredients into a high-speed blender (Vitamix) in the order listed and secure the lid.
2. Start the machine, slowly increase to the highest speed, and blend for 50 seconds using the tamper to press the ingredients into the blades
3. If needed: you may need to add water to help mixture along. Add 3 Tbsp at a time until desired consistency achieved.
4. Garnish with sliced berries and chopped nuts, optional.
5. Enjoy

Adapted *Vita Mix recipe*

Notes:

Avocados are a nutrient-dense fruit and are among the best foods to help fight stress. Avocados contain four grams of protein, making them the fruit with the highest protein content! Avocados also have the highest fiber content of any fruit. Do not just think of avocados as a savory addition to sandwiches and salads as they are fantastic in the above recipe.

Bananas are botanically berries. Yes, scientifically they are berries! They are a fantastic source of potassium which aides in brain function, healthy muscles, and blood pressure. As a banana ripens, its starch and fiber content breaks down into natural sugar. If you are looking to lower the amount of sugar you consume, eat your bananas when they are less ripe (at a bright yellow or even slightly green). Slightly underripe bananas also contain a high amount of probiotics which help keep gut bacteria healthy.