

# VEGAN STRAWBERRY BANANA ICE CREAM

adapted from [tasty.co](https://www.tasty.co)

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Yield: about 4 servings

Prep Time: about 5 minutes

Freeze Time: 1 - 2 hours

Storage: freeze up to 2 weeks

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## Ingredients

2 large ripe bananas, sliced and frozen\*

1 1/2 cups frozen strawberries (or try 1 cup frozen strawberries + 1/2 cup frozen dragonfruit)

1/4 cup unsweetened milk of choice

2 - 3 Medjool dates, pitted and chopped into pieces (can substitute with 1 - 2 tablespoons honey)

1 teaspoon vanilla extract

\*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 them hard to blend.

## Directions

1. Add the frozen bananas, strawberries, and dragonfruit (if using) into a food processor. Process for about 30 seconds, or until the fruits break down into tiny chunks.
2. Now add the milk, dates (or honey), and vanilla extract to the mix. Process for about 4 - 5 minutes, or until everything is blended 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 another 1 - 2 tablespoons of milk to help facilitate the blending. Try not to add too much extra liquid as this will result in a watery ice cream.
3. Serve immediately for a soft-serve dessert, or transfer to a container and freeze for 1 - 2 hours (until your desired level of firmness) to get a more scoopable ice cream. If your ice cream is too hard to scoop after freezing, let it defrost for about 10 minutes on the counter. Enjoy!