

Banana Strawberry Swirl Ice Cream

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Ingredients:

5 frozen bananas (sliced)

1 tbls. Stevia (or other
natural sweetener)

1/2 tsp. vanilla extract

1/2 lb. of fresh strawberries

Directions:

In a blender or food processor, blend bananas and vanilla until an ice cream consistency forms. Set aside in a shallow container.

In the same blender or food processor, blend strawberries and natural sweetener until a sauce forms.

Pour strawberry mixture on banana mixture and swirl together with a spatula.

Cover with plastic wrap and freeze for at least 12 hours.

Scoop and serve.

Yields: 6cups • Serving size: 1 cup • Calories per serving: 97 • Fat per serving: 0