

Banana Strawberry Swirl Ice Cream

Ingredients:

5 frozen bananas (sliced)

1/2 lb. of fresh
strawberries

1 tbs. Stevia (or other
natural sweetener)

1/2 tsp. vanilla extract



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: 6 cups

Serving size: 1 cup

Calories per serving: 97

Fat: 0 grams

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