

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

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

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.