

Quick & Easy

Medjool Dates & Banana Soft Ice Cream

Makes 4 servings

Ingredients:

4 ripe bananas, divided

7 Natural Delights[®] Medjool Dates, divided

½ cup almond milk

½ tsp vanilla extract

Instructions:

Peel and slice bananas into 1-inch rounds. Freeze until solid, about 1 hour. Cut dates in half. Remove pits. In a food processor, blend three bananas, six dates, almond milk and vanilla, until creamy. Scrape down sides to distribute ingredients evenly. Garnish with remaining banana and dates. Serve immediately as soft ice cream or a milkshake.

Tip: Store in the freezer in an airtight container for up to 4 months.

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