

Dairy-Free Fruit Filled Ice Cream

Yield: 2-4 servings

Prep Time: 5 minutes

Total Time: 6-8 hours, depending on freezing time

When my son, Leo, was diagnosed with a dairy allergy, I wanted to jump on the Nicecream train and have my kids love 100% frozen fruit instead of adding in sugar and cream. Unfortunately, they were not the biggest fans, so I kept trying until I found a mixture that they actually loved...here's what I came up with.

Ingredients:

- 2 cups frozen fruit (strawberries, blueberries, or blackberries, etc)
- 1 ripe banana, sliced and frozen
- ½ cup coconut milk
- 2 tablespoons honey
- Optional add in: gluten-free oreos or chocolate chips

Instructions:

1. Combine the frozen fruit, coconut milk, and honey in the bowl of a food processor. Puree until smooth.
2. Eat immediately or transfer to a freezer-safe container and freeze until desired consistency is reached.
3. Serve with sprinkles or any toppings of your choosing.

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Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	102.3	
	% Daily Value*	
Total Fat	0.7 g	1 %
Saturated Fat	0.5 g	2 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	3.9 mg	0 %
Total Carbohydrate	25.9 g	9 %
Dietary Fiber	3 g	11 %
Total Sugars	18.5 g	
Added Sugars	8.7 g	17 %
Protein	0.8 g	
Vitamin D	0.3 mcg	2 %
Calcium	36 mg	3 %
Iron	0.9 mg	5 %
Potassium	270.2 mg	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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