

# BANANA NICE CREAM

## WWW.WHOLEFOODSMARKET.COM

### ingredients

- 2 bananas, sliced and frozen
- 1 cup unsweetened soymilk
- 2 tablespoons smooth almond butter

### Method

1. Put bananas, soymilk and almond butter into a blender.
2. Purée, turning off the motor and stirring the mixture two or three times, until smooth and creamy.
3. Pour into two bowls and serve.

### Nutrition

Per serving (about 9oz/264g-wt.): 280 calories (120 from fat), 13g total fat, 1.5g saturated fat, 0mg cholesterol, 75mg sodium, 38g total carbohydrate (4g dietary fiber, 22g sugar), 9g protein

Tags: Health Starts Here

### OPTIONS

- Use almond milk or rice milk instead of soymilk.
- Use cashew butter or peanut butter instead of almond butter.
- Top with chopped nuts or fruit, coconut shreds or ground flaxseed.

