



Red, White and Blueberry Magic “Ice Cream”

by Executive Chef

We took our ever-popular Frozen Banana Whip recipe and added a patriotic twist. Simply adding strawberries and blueberries yields fun colors you can layer on top of one another for a dessert that’s perfect for your Fourth of July BBQ.

The sweetness from the ripe bananas, in-season strawberries and blueberries is enough to satisfy any sweet tooth, making this a truly guilt-free treat.

You can either buy packaged frozen strawberries and blueberries, or buy fresh during peak season (as in now!) and freeze them yourself.

Fun fact: The pectin in bananas is the magic ingredient behind the creaminess (which as you’ll recall, is also the same trick behind this creamless creamy cauliflower soup).

Servings: 4-6 | **Prep Time: 5 minutes** | **Cooking Time: 5 minutes**

Ingredients

5 bananas
1 cup frozen strawberries, chopped (about one basket)
1/2 cup frozen blueberries
1/4 cup unsweetened almond milk (optional)

Directions

Peel bananas and cut into 1/2 inch coins. Place in an airtight container and freeze up to overnight. Place bananas into a blender or a good food processor. Blend until smooth, light and airy, about 4 or 5 minutes. Add almond milk (optional) for easier blending.

Divide mixture into three equal parts, leaving 1/3 in the blender. Transfer the rest into separate freezer-safe containers and place in the freezer while you continue to work. Add frozen strawberries to the blender, turn it back on and watch your mixture turn pink. Transfer to a separate freezer-safe container and place in the freezer.

Repeat with another 1/3 of the mixture, this time adding blueberries. Place in the freezer for 5 minutes to ensure all colors have the same consistency and firmness.

Carefully layer spoonfuls of each color in a glass, each layer filling up about 1/3 of the glass. Top with blueberries if desired.

Pro tip: To enjoy this as a smoothie, simply add more almond milk while blending.