

Nice Cream

Culinary Medicine, Nutrition Services

Serves 2: Serving Size: 1 cup

Equipment: cutting board, knife, blender

Ingredients

3 whole, ripe bananas*, peeled and cut into 1" chunks and frozen overnight

1/4 cup milk of choice (as needed)

Personalize It! Optional Add Ins:

1/8 teaspoon turmeric, cinnamon, cardamom

Splash of Vanilla extract

Cocoa powder

Frozen berries

Spoonful of nut butter

Instructions

1. Place frozen fruit into high speed blender (Vitamix or Blendtec) and mix until smooth, adding milk and scraping with a spatula as needed for texture. A food processor is an alternative kitchen tool if you do not have a high speed blender.
2. Serve immediately or freeze for 1-2 hours for a more firm consistency.

*Other custardy fruit options include mangoes, peaches, nectarines, apricots, honeydew and cantaloupe melon, custard apple, cherries (pitted). Once frozen, blend 3 cups of the fruit until smooth.



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Why We Like This Recipe

Nice cream is a healthy, dairy-free alternative to traditional ice cream, typically made with frozen bananas as the base.

Chef's Notes:

- For a smoother consistency, let the frozen banana slices sit at room temperature for a few minutes before blending. You can customize your nice cream with various add-ins like cocoa powder, berries, or nut butter. Serve it immediately for a soft-serve texture or freeze it for a firmer consistency.

Nutrition Notes:

- Nice cream is a healthy alternative to traditional ice cream, made primarily from bananas. It's naturally dairy-free, vegan, and free from added sugars if you stick to the basic recipe. Bananas are rich in potassium, vitamin C, and dietary fiber, making this dessert not only delicious but also nutritious. Adding ingredients like berries or nuts can boost the antioxidant and protein content, enhancing the health benefits of your nice cream.

Gardener's Notes:

- The key to perfect nice cream is using ripe bananas, as they provide natural sweetness and a creamy texture.



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