

Banana Split

Strawberry Nice Cream



Ingredients:

2 cups frozen strawberries (or any other fruit)

½ cup unsweetened coconut yogurt

2 tablespoons lemon juice (fresh)

4 medjool dates

Directions:

Blend together and freeze 5-6 hours.

Add:

2 bananas, 1 cup sliced strawberries and/or other fresh fruit, walnuts.

Caramel Sauce

Ingredients:

12 Medjool dates, pitted

½ cup Oat milk

Directions:

Soak dates in hot water for half an hour.

Blend with oat milk.

Add 1 tsp vanilla

¼ cup almond butter

2 Tablespoons lemon juice

pinch salt

Blend

Add more oat milk until desired consistency is reached - up to ½ cup.

Chocolate Sauce

Ingredients:

½-¾ cup Oat or coconut milk (more for thinner sauce, less for thicker sauce)

1 oz Unsweetened dark chocolate

10 Medjool dates, pitted

Pinch salt

Directions:

Soak dates in hot water half an hour.

Blend, then boil while stirring, then let sit for a few minutes

Assemble:

banana (perfect yellow)

2-3 scoops nice cream

Top with strawberries or other fresh fruit, walnuts, and sauces