



Makes 4 cups
Preparation Time: 20 minutes
Cook Time: 1 hours

INGREDIENTS:

4 medium bananas, peeled,
frozen at least 2 hours, and cut
into 1-inch chunks (3 cups)

8 ounces frozen strawberries
(2⅓ cups)

2 tablespoons pure maple syrup
(optional)

Dash sea salt

1 ounce unsweetened dark
chocolate, chopped

Fresh mint leaves (optional)

Strawberry-Chocolate Ice Cream

This strawberry-chocolate **nice cream** (plant-based ice cream made with frozen bananas) is as pretty as it is delicious. Dark chocolate chunks make the healthy dessert taste especially decadent.

If you're a fan of the strawberry-chocolate flavor combo, try our [Strawberry-Chocolate Ice Cream Cupcakes](#).

By Nancy Macklin, RDN

- 1** In a food processor combine frozen bananas, frozen strawberries, maple syrup (if using), and salt. Cover and process until smooth and creamy, stopping processor a few times to scrape down sides. Stir in chocolate.
- 2** Serve immediately for soft-serve, or for a firmer ice cream, transfer mixture to an airtight freezer-safe container. Freeze 1 to 2 hours. If desired, garnish with mint leaves.