



Makes 5 cups
Preparation Time: 15 minutes
Cook Time: 2 hours

INGREDIENTS:

3 bananas, sliced

1½ cups chopped pineapple

½ cup well-chilled unsweetened,
unflavored almond milk, plus
more as needed

2 tablespoons pure maple syrup
(optional)

Zest of 1 lemon

Chopped fresh mint (optional)

Pineapple Sherbet

Inspired by his grandmother Florence, a big sherbet fan who served it often for dessert, **Chef Del Sroufe** created this healthy version of his favorite sherbet flavor, pineapple. The tangy fruit is balanced out by blending it with creamy **banana**, sweet maple syrup, and citrusy lemon zest. Each spoonful of this delicious treat tastes like frozen sunshine, and the bright flavors are enhanced further with a sprinkling of fresh mint. Feel free to drizzle extra maple syrup over the top of each serving if you want to indulge your sweet tooth a little more. Additional topping ideas include chopped **basil**, if you're going for a more savory route, or slivered almonds, shredded unsweetened coconut, or pumpkin seeds!

From *Chef Del's Better Than Vegan*

For more fruity nice cream recipes, check out these tasty ideas:

- [Grapefruit Nice Cream with Maple-Pecan Skillet Granola](#)
- [Strawberry Nice Cream Sundaes](#)
- [Grilled Peaches with Basil-Peach Nice Cream](#)
- Or take a look at our full collection of [nice cream recipes](#)

By Del Sroufe

- 1 Spread sliced bananas and chopped pineapple on separate baking sheets. Freeze 2 hours or until fruit is hard.
- 2 In a food processor combine frozen bananas, almond milk, maple syrup (if using), and lemon zest. Puree until thick and creamy, adding more milk as needed to get a creamy consistency. Add the frozen pineapple; pulse until well incorporated. Serve immediately. If desired, drizzle with additional maple syrup and sprinkle with mint.