



Cherry Pecan “Nice” Cream

Ingredients

4 large ripe bananas,
sliced and frozen
1-2 Tablespoon honey
1 teaspoon real vanilla
extract
¼ teaspoon salt
½ cup whole milk or non-
dairy alternatives
1 cup frozen dark
cherries, rinsed briefly
under warm water and
chopped
½ cup pecans, chopped
Additional chopped
pecans, for garnish

What you need to do

1. Place the frozen bananas, honey, vanilla extract, and salt into a high-powered blender. Add milk and blend on high until smooth, approximately 2-3 minutes.
Note: If more liquid is necessary, add additional milk or cream, one tablespoon at a time, while blending until smooth.
2. Pour mixture into a large bowl and fold in the chopped cherries and pecans. Spoon into individual serving bowls and serve immediately topped with some chopped pecans (or place in the freezer until firm).

Tip: For best results, use frozen cherries for this recipe.

Yields	Prep
3 Cups	10 mins + Freeze Time

