

Stress Less Homemade Ice Creams

Dark Chocolate Peanut Butter Swirl Ice Cream

Ingredients:

- 1/2 c plain Greek yogurt
- 4 frozen bananas
- 1/4 c maple syrup
- 1/3 c cocoa powder
- 2 Tbsp natural peanut butter

Directions:

Combine first 4 ingredients in a blender and blend till thick and creamy.

Drizzle in peanut butter and pulse 2 or 3 times to incorporate.

Serve immediately

Strawberries 'N Cream dairy free, vegan

Ingredients:

- 1 can full fat coconut milk
- 1 Tbsp maple syrup
- 2 c frozen strawberries

Directions:

REFRIGERATE canned coconut milk overnight. The next day, open can upside down, pour out the liquid (reserve for smoothies) and scoop the thickened coconut cream into a blender.

ADD maple syrup and strawberries and blend until thick and cream.

SERVE immediately or freeze for a thicker consistency.