Frozen Strawberry & Banana Nice Cream

Two ingredients, frozen and blitzed into a genuinely creamy soft-serve.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 1 heaping cup strawberries
- 2 medium bananas

Method

1. Peel the fruit, cut into pieces and freeze until solid.
2. Blend the frozen fruit until smooth and creamy.
3. Eat immediately, before it melts.

Tips & swaps

- A high-powered blender or food processor works best for a truly smooth texture.

Storage & reheating

Best eaten immediately; can be refrozen but texture softens on standing.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
100	**1g**	**24g**	**0g**	**3g**

Estimated values, for guidance only.