

Healthy Homemade Fruit “Ice Cream”

A close-up photograph of a bowl filled with a soft, yellow, fruit-based ice cream. The ice cream is topped with several fresh blueberries and a sprig of green basil leaves. The bowl is dark-colored, and the background is a soft, out-of-focus blue.

HEALTHY
HOMEMADE
FRUIT
"ICE CREAM"

LIVE WELL UTAH

Cool off with this guilt-free frozen treat!

It's not often that we hear "healthy" and "ice cream" in the same sentence, but substituting cream and sugar with frozen fruit makes this treat both delicious and nutritious. The best part is you probably have all the ingredients in your kitchen right now!

Steps:

1. Freeze several bananas or other fruit (strawberries, raspberries, pineapple, mangoes, etc). Once frozen, let fruit thaw for a few minutes and cut into chunks.
2. Place fruit in food processor or blender and puree until the consistency is creamy. Feel free to add in cocoa powder for a chocolatey taste or peanut butter for some added protein.
3. Spoon mixture into a bowl and add in desired toppings, such as chopped nuts, mini chocolate chips, shredded coconut, or granola.

Note: Use bananas for a creamier consistency. Other fruits will make the product more like sorbet, which is still delicious!

This article was written by Kali Anderson, Extension Intern for Utah County