

# Banana Blueberry Ice Cream Sundae

Quick and easy dessert with no added sugar.

## Categories

Gluten-free

Yields: 2 servings

Preparation time: 8 mins

Cooking time: 0 mins

Category: Desserts

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw



## Ingredients

Banana, fresh	2 medium - 7" to 7 7/8" long
Almond milk, plain or original, unsweetened	0.5 cup
Blueberries, frozen, unsweetened	0.5 cup
Strawberries, fresh	0.5 cup
Dark chocolate bar 70%-85% cacao	2 tablespoon

## Instructions

Peel and freeze bananas for about two hours or overnight. Freeze blueberries if using fresh.

1. Add frozen bananas, blueberries, and almond milk (or nut milk of choice) to a blender (it may take longer without a high powered blender. You will have to stop often and mix, or make it more of a smoothie consistency) and blend until smooth - soft ice cream consistency. Divide into bowls and place in freezer while preparing toppings.
2. Wash and slice strawberries - set aside.
3. Melt about 2 tbsp of chocolate of choice over stove top. You can add a tbsp of nut milk to make it smoother and less sticky, or use a double boiler.
4. Remove ice cream bowls from freezer. Add strawberries and melted chocolate. Enjoy!