

Deni's Cherry (And Other Fruit) Chocolate Vegan Ice Dream

Tons of fruit, and a wee bit of chocolate. Healthy, tasty, quick, and satisfies a sweet tooth.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Desserts

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Partly raw

Ingredients

Sweet cherries, frozen, unsweetened	1 cup
Freshly frozen sliced strawberries & bananas	2 x 1 cup
Dragon fruit chunks	1 x 1 cup
Blueberries, frozen, unsweetened	1 cup
Dark chocolate chips, 60%-69% cacao	1 cup

Instructions

- 1) All the fruit should be frozen. If not, freeze first.
- 2) Use a blender to blend all the fruit together.
- 3) Add a few drops of Oat Milk, Soy Milk, or any other nut milk if the blender sticks. But it's best to tamp down the mixture rather than make it watery.
- 4) If the mixture gets heated or watered down, once you have smooth consistency you can refreeze it. If it's still frozen and has a creamy consistency . . .
- 5) Add the chocolate chips and Enjoy!