

## **Chunky Monkey "Ice Cream"**

Line a cookie sheet with parchment paper.  
Peel and slice 4 ripe bananas onto the baking sheet.  
FREEZE until pieces are solid. (May put in freezer bag at this point for future ice cream making)

Drop a few slices at a time in a food processor or blender. Scraping down sides often, blend until creamy. Add more banana slices a few at a time, scraping and blending until smooth. Stir in chopped walnuts and a handful of mini chocolate chips.

## **Strawberry Ice Cream (Dairy Free)**

16-20 oz strawberries, crushed (may also use frozen, just thaw first)  
1 13.5 oz can coconut milk  
¼ cup agave nectar  
1 tsp vanilla  
¼ tsp almond extract  
Dash salt

Blend together in a blender, and refrigerate at least 2 hours.  
Pour into ice cream maker and process according to directions.

## **Decadent Chocolate Ice Cream**

3/4 cup cocoa powder, sifted  
1/2 cup granulated sugar  
1/3 cup packed dark brown sugar  
pinch salt  
2 cups Skim milk  
1 cup fat free Half and Half  
1 tablespoon pure vanilla extract

In a medium bowl, whisk together the cocoa, sugars and salt. Add the milk and, using a hand mixer on low speed or a whisk, beat to combine until the cocoa, sugars and salt are dissolved. Stir in the half and half and vanilla.

Cover and refrigerate at least 2 hours.

Pour into ice cream maker and process according to directions.

## **Simple Vanilla Ice Cream**

2 cups whole milk  
3/4 cup granulated sugar  
pinch salt  
1 cup Half and Half  
1 tablespoon pure vanilla extract

In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the Half and Half and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.

Pour into ice cream maker and process according to directions.