

Fresh Homemade Banana Ice Cream

Ingredients:

Fresh, ripe bananas

Preparation:

Peel ripe bananas and freeze on a plate until hard.

Make sure they are not touching or they will stick together and be difficult to separate.

Place frozen bananas through a Champion Juicer fitted with the blank and eat immediately. Any frozen fruit or combination may be used. This can be done in a food processor fitted with the “S” blade or a high-powered blender, but it won’t have the same creamy texture and you will have to add some liquid. Also delicious with frozen mangoes!

Chocolate FUNdue

Also delicious when made with raw almond butter or tahini

Ingredients:

1 cup peanut butter (no salt or sugar)
1 cup date paste (recipe on next page)
1/2 cup raw cacao powder
1/2 cup unsweetened non-dairy milk
1 Tablespoon alcohol-free vanilla extract

Preparation:

Place all ingredients in a food processor fitted with the “S” blade and process until ingredients are incorporated, scraping down sides if necessary. You can eat this immediately or chill for a firmer texture.

Peanut Butter Fudge Truffles

Ingredients:

One batch of Chocolate Fundue
Chopped peanuts

Preparation:

Chill FUNdue until firm.

Using a small retractable cookie scoop, drop FUNdue into crushed peanuts and coat evenly.

Bananas are also delicious when dipped in FUNdue and rolled in crushed nuts and then frozen.

Chef's Note: Substitute cannellini beans for some of the nut butter for a lower fat version.

Date Paste

Make sure you always have some on hand to create a healthy dessert in no time.

Ingredients:

One pound of pitted dates

One cup of liquid (water, unsweetened non-dairy milk, unsweetened juice)

Preparation:

Soak dates in liquid overnight or for several hours until much of the liquid is absorbed.

In food processor fitted with the "S" blade, process dates and liquid until completely smooth.

Store date paste in the refrigerator.