

Raspberry Nice Cream

Serves: 1-2

Ingredients:

2 ripe Bananas

8 ounces of frozen Raspberries

½ cup Cashew Milk

Equipment Needed:

Food processor or blender

Baking Spatula



A Pound of Cure
Dr. Matthew Weiner

Directions:

Add all ingredients into a food processor or blender and blend until smooth. Scrape down the bowl if necessary. Enjoy!

NOTE: Depending on your blender/food processor, your nice cream may become too soft. If that happens, just pop it in the freezer for 10 minutes.