

Berry Nice Cream



Don't let those berries go bad! Freeze left-over berries or bananas that are nearing the end of their shelf-life to make this creamy, guilt-free sorbet.

Ingredients

- 1 cup blueberries, frozen
- 1 cup raspberries, frozen
- 1 cup strawberries, frozen
- 2 medjool dates, pitted
- 1 medium banana, sliced and frozen
- Cashew Cream
- 1/2 cup raw cashews, soaked in water overnight in the fridge
- 1/4 cup almond milk

Method:

1. Drain soaked cashews and process in a food processor with the almond milk until completely smooth. Transfer to a bowl and keep refrigerated until ready to use.

2. In the same food processor, blend the dates, frozen blueberries, strawberries, raspberries, and bananas. Stop the processor, scrape down the sides, add the cashew cream and pulse until the mixture is smooth and creamy.
3. Serve immediately for a soft serve consistency, or transfer to an airtight container and freeze.