

# Mint- Ginger Nice Cream

Refreshing Light Vegan Ice Cream



TOTAL TIME

15 mins



COURSE

Dessert

CUISINE

American



## EQUIPMENT

- Blender

## INGREDIENTS

- 2 Frozen Bananas
- 1/2 inch Fresh Ginger
- 10 Fresh Mint Leaves
- Dash Cinnamon

## INSTRUCTIONS

1. Blend all ingredients in a high speed blender or food processor.

Optional Toppings; blueberries, cherries, coconut flakes, raw cacao powder, walnuts,

walnuts, hemp seeds, pumpkin seeds, or any other of your favorite toppings!

