

Vegan Coffee Nice Cream

3-Ingredient vegan coffee nice cream made with frozen bananas, coffee, and vanilla, blended to soft-serve consistency! This frozen banana ice cream is dairy-free, gluten-free, contains no added sugar, and makes for a delicious low-calorie, low-fat nice cream!

SERVINGS 1 serving

CALORIES 321 kcal

EQUIPMENT

- blender
- food processor
- measuring spoons

INGREDIENTS

- **3 peeled frozen bananas**
- **4 to 5 tablespoons of leftover coffee**
- **½ teaspoon of vanilla**

INSTRUCTIONS

- In the bowl of a food processor, add bananas, 4 tablespoons of coffee, and vanilla and blend for 1 minute.
- Stop the food processor and stir the bananas. If you need more liquid, add another tablespoon of coffee. Process until smooth.

NUTRITION

Calories: 321kcalCarbohydrates: 81gProtein: 4gFat: 1gSaturated Fat: 1gPolyunsaturated Fat: 1gMonounsaturated Fat: 1gSodium: 5mgPotassium: 1299mgFiber: 9gSugar: 44gVitamin A: 227IUVitamin C: 31mgCalcium: 19mgIron: 1mg