

Pina Colada Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks and frozen)
- 1/4 cup Canned Coconut Milk

NUTRITION

AMOUNT PER SERVING

Calories	147	Carbs	25g
Fat	6g	Protein	1g

DIRECTIONS

- 01 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.