

Smooth Frozen Strawberry Dessert

Ingredients

Frozen Bananas (see how to freeze bananas below)

Frozen Strawberries

- Pour 14 frozen strawberries into food processor
- Add 1/2 to 1/3 of that volume of frozen banana slices.
- Partially thaw strawberries (set out at room temp. for 10 to 15 min.)
- Process frozen strawberries and bananas in food processor until smooth and creamy.
- Spoon mixture into small bowls or cups. Eat like ice cream.

Preparation Variations

This mixture may be poured into molds to make popsicles.

Use any type of berries (Raspberries, Blue Berries, Blackberries or medley of berries. Other fruits that are yummy and work with this are frozen Pineapple and Frozen Peaches,

If you have these fruits/ berries fresh they are easy to freeze.

Frozen Bananas

3 or 4 large ripe bananas - When they start to get brown spots they are ripe.

A non-stick baking sheet or a large plastic cutting mat

Plastic wrap

- Peel fresh ripe bananas and slice onto mat or sheet.
- Cover with plastic wrap.
- Insert into freezer overnight, or all day if starting in morning.