

Beans, Rice And Everything Nice

Orange Creamsicle Banana Ice Dream



original recipe by beansriceeverythingnice.weebly.com



Ingredients

makes 2 large or 4 small servings

- 2 very ripe bananas, frozen
- 1 orange, frozen
- 4 Tablespoons orange juice concentrate
- 1 teaspoon vanilla extract
- 2 Tablespoons non-dairy milk

Put everything in a food processor and blend until smooth, stopping to occasionally break up the fruit and scrape down the sides, as needed.

Serve immediately or freeze for 1 hour before serving.

