

# *Herbal Legacy Recipes*

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## **Frozen Banana Ice Cream**

adapted from the Regenerative Diet

The ice cream is made by freezing peeled bananas and putting them through a Champion Juicer (a hand food grinder or blender works, but not quite as well). The result is a smooth, creamy, incredibly rich dessert that tastes better than ice cream.

For one serving use:

2 frozen bananas

Top with cinnamon, nuts, coconut, berries or your favorite topping.

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>