

Very Berry Ice Cream

Preparation Time: 10 Minutes

Total Time: 10 Minutes

Yield: 8

Ingredients

- 2 bananas
- 1 cup strawberries (frozen)
- 1 cup blueberries (frozen)
- 1 cup raspberries (frozen)
- Up to 1/2 cup milk of choice
- 1/4 cup apple juice concentrate (frozen)



Instructions

1. Four to six hours prior to dessert time, peel and slice bananas. Seal in plastic bag and place in freezer.
2. Just before serving, put frozen berries and bananas in a food processor. Pulse fruit and add milk to desired creamy consistency. Add apple juice concentrate. Blend.
3. Freeze what you don't eat tonight in individual servings for future desserts.



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