

HOMEMADE ICE CREAM

STRAWBERRY BANANA

"ICE CREAM"

(Serves 4)

2 bananas- \$0.54

1 cup sliced Strawberries- \$0.98

2 tbsp coconut milk- \$0.06

\$1.58

1. Peel & Slice bananas into 1/4 inch rounds. Freeze these for at least 2 hours.
2. Place frozen bananas, strawberries, and coconut milk in blender, and blend for 30 second bursts until smooth and creamy.
3. Enjoy!

BANANA CHOCOLATE

"ICE CREAM"

(Serves 5)

2 bananas- \$0.54

1/3 cup milk- \$0.10

2 tbsp cocoa powder- \$0.11

8oz whipped topping- \$1.07

\$1.82

1. Peel & Slice bananas into 1/4 inch rounds. Freeze these for at least 2 hours.
2. Add the bananas, milk and cocoa powder to blender. Blend until smooth.
3. Fold in whipped topping and put back in freezer for 30 minutes.
4. Enjoy!

PINEAPPLE-BANANA SORBET

(Serves 4)

1 banana- \$0.27

1.5 cups Frozen Pineapple- \$1.85

2 tbsp Frozen OJ Concentrate- \$0.22

\$2.34

1. Peel & Slice bananas into 1/4 inch rounds. Freeze these for at least 2 hours.
2. Add bananas, pineapple, and OJ to a food processor & run until smooth.
3. Put back in freezer for 1 hour before scooping.
4. Enjoy!

MANGO SORBET

(Serves 4)

15oz can of diced mango- \$2.44

3/4 cup of water- \$0.00

\$2.44

1. Pour diced mango and juice into a ziploc style bag.
2. Freeze overnight.
3. In a blender, blend the frozen mango with water until smooth!
4. Enjoy!

BERRIES AND CREAM ICE CREAM (Serves 4)

1/2 cup of vanilla creamer- \$0.69
16oz frozen peaches- \$3.52

\$4.21

1. Pour coffee creamer into ice cube tray and freeze for at least 1-2 hours.
2. Put creamer cubes and berries in a food processor, and run until smooth.
3. Transfer to airtight container and freeze for another hour.
4. Enjoy!

VANILLA ICE CREAM (Serves 12)

14oz can of Condensed Milk- \$2.23
2 tsp Vanilla- \$0.06
Pinch of Salt- \$0.01
2 cups of Heavy Cream (cold)- \$3.37

\$5.67

1. Whisk together milk, vanilla, and salt. Then set aside.
2. Whip the cold heavy cream until firm peaks form (about 2 minutes).
3. Fold half of the vanilla & milk into the heavy cream. Then fold in the rest until smooth.
4. Pour into cold metal loaf pan, and freeze for 2 hours. *You can fold any pieces in at this point like Oreos or cereal.*
5. Freeze another 3 hours to fully set.
6. Enjoy!

PEACH FROZEN YOGURT (Serves 8)

2 cans of peaches (15oz)-\$2.96
1.5 cups of Greek Yogurt- \$1.32
1/4 cup honey- \$0.62
2tsp Vanilla- \$0.06

\$4.96

1. Drain peaches (save juice for something else), then smash the peaches into a pulp similar to applesauce.
2. Stir in yogurt, honey, and vanilla.
3. Pour into a parchment lined metal loaf pan. Place another sheet of parchment directly on top.
4. Freeze overnight.
5. When ready, pull out and let sit 10 minutes. Cut into chunks, and put in food processor until smooth!
6. Enjoy!

RASPBERRY-LIME SORBET (Serves 4)

4 cups frozen raspberries-
\$6.33
2 tbsp Frozen Limeade
Concentrate- \$0.14

\$6.47

1. Add the raspberries and limeade concentrate to a food processor and process until smooth. Scrape sides as needed.
2. Put in airtight container and freeze for 1 hour.
3. Enjoy!