



Strawberry Banana Ice-Cream

Visual Recipe
by DAREBEE
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4 frozen bananas
2 cup ~ 8oz ~ 240g frozen strawberries
½ cup ~ 3oz ~ 100ml milk

LEVEL UP! Add 1 teaspoon of ginger and ½ teaspoon of maca powder to the mix. Add almond flakes and fresh strawberries for garnish.

2 PORTIONS

1



2



3



INSTRUCTIONS

1. Place half of the frozen bananas and half of the frozen strawberries into a food processor or a blender, add water or milk and blend.
2. Add the protein powder and the spices, if using, then add the rest of the fruit and blend until thick and smooth.
3. Transfer to a bowl and garnish with almond flakes and fresh strawberries.