

Dottie Foods

Fruit Freezes AAF (all allergen free) plant-based Ice cream

Peach, Strawberry, Blueberry Freeze

Yield 4 cups.... Prep time 10 minutes.... Shelf Life (frozen) 1 week

2 cups frozen cleaned fruit you choose (approx. 8 oz)

2 bananas, peeled, chunked frozen

½ cup Dottie Foods Oat milk

½ tsp vanilla extract

Using a high-speed food processor add all the ingredients in the container and pulse until a smooth consistency is achieved. Ya may want to scrap down the container part way thru.

It's ready

But allow to set up in the freezer will be better while the serving dishes are freezing. This freeze melts quickly so serving in a frozen dish is best.

This is a great way to utilize those not so perfect to the eye, but delicious to the taste fruit. We freeze those fruits; holding them until the time is right to serve up some light flavor filled treat