

I Scream for Ice Cream!!!

Chop well-ripened bananas (the riper the better) into large chunks. Store in zip-locked bags in the freezer. In your food processor, combine 1 frozen banana and one tablespoon almond butter (natural peanut butter or PB2 tastes great too), and process until smooth and creamy. You may need to stop and scrape down the sides. Once creamy, add in a couple tablespoons of yummy bits: dark chocolate, coconut flakes, walnuts, whatever you like. This makes one serving. Enjoy!

Ice cream is the ultimate summer treat, but how do we enjoy the sweet stuff and still rock our bikini at the beach?

- Portion control is key, especially if you are indulging in a rich full-fat ice cream. A very tiny 1/2 cup scoop is going to ring in at around 300 calories and a ton of saturated fat. When you do splurge on the good stuff, make it a fun event with your kids or sweetie:) Chose a premium ice-cream and a flavor that you love. Get a single scoop and enjoy. Don't keep ice cream at home- it's a challenge to your willpower that you are bound to lose.
- Fro-Yo! If you tolerate dairy well, low fat or non fat frozen yogurt a great alternative to the the traditional scoop. Frozen Greek yogurt is now available at both supermarkets and cheeky yogurt shops like Pink Berry . Good fro-yo offers the benefits of being relatively low in calories, and is a good source of protein, calcium and gut friendly probiotics.
- Coconut ice cream is another great option if you are vegan, allergic, or like myself- just don't tolerate dairy well. My go-to summer treat is So Delicious- no sugar added chocolate coconut frozen "ice cream" . It is super low in

calories (a whole cup is only 200) and is packed with fiber, healthy fats and yummy goodness:) Want to go out for a dairy-free splurge? Our favorite local spot, Oxford Creamery just started carrying FoMu. The mint chocolate chip is definitely my favorite!

Make a healthy frozen treat at home. Our Boutique version combines the sweetness of bananas with the savory richness of nut butter. Add a little dark chocolate to make it really special. Best of all, this recipe is yummy and bikini friendly;)