

SMART BLEND FROZEN DESSERT RECIPES – just add the ingredients and select frozen desserts button



Strawberry Banana Ice Cream

- 1 cup half & half, milk or plain soy milk
- 1/3 cup turbinado sugar
- 1/2 tsp vanilla extract
- 1 frozen banana, about 4 ounces
- 12 ounces frozen strawberries

Add ingredients to blender container in order listed, keeping the cap of the lid off. Set to Frozen Dessert setting, turn on, and use the tamper device to push the frozen fruit down towards the blades.

Apple Pie Ice Cream

- ½ cup (120 ml) apple juice concentrate
- ½ cup (120 ml) french vanilla creamer
- 1 apple, seeded, cored, quartered
- ½ avocado, pitted, peeled
- ¾ cup (90 g) carrots, halved
- 1 teaspoon ground cinnamon
- 2 Tablespoons agave nectar
- 3 cups (390 g) ice cubes

Directions

Place all ingredients into the Smart Blend container in the order listed and secure the lid.
Select the Frozen Desserts program

Peach Soy Sherbet

- 1 cup (240 ml) soy milk
- 1 pound (455 g) frozen peaches, softened for 25 minutes
- ¼ cup (60 m) honey
- ½ teaspoon vanilla extract

Mango Coconut Sorbet

- ½ cup (35 g) unsweetened flaked coconut, reserving 1 Tablespoon for garnish
- ½ cup dried mango
- ½ cup (120 ml) almond
- 1 teaspoon lemon juice
- 2 cups (300 g) frozen mango

Directions

Soak dried mango in the milk until soft (overnight or one hour in advance).