



# The Ultimate "Nice Cream" Guide

---

A Healthy, Guilt-Free  
Alternative

by Anna Comerford

# Why Nice Cream?

Say goodbye to the joint pain, headaches, and fatigue caused by processed sugars! This **100% natural dessert** is designed to fuel your body, mind, and soul without the "drain" of traditional fake ice creams.

**Preparation Time:** 5 Minutes (after freezing)

**Servings:** 1-2

---

## Ingredients

- **Base:** 2-3 ripe bananas (peeled, sliced, and frozen for 2+ hours or overnight).
  - **Liquid:** 1-2 tablespoons almond milk, coconut milk, or coconut water (only if needed to help blend).
- 

## Instructions

1. **Blend:** Add frozen banana slices to a high-speed food processor or blender.
2. **Process:** Blend until smooth and creamy. If the blender struggles, add liquid one tablespoon at a time.
3. **Serve:** Eat immediately or pop in the freezer for later!

## Add if You Wish

- **Chocolate:** 1–2 tbsp cocoa powder. (Note: Cocoa can keep the mind awake! Choose another flavour if this affects your sleep.)
  - **Peanut Butter:** 1–2 tbsp for a creamy protein boost.
  - **Berry:** 1 cup frozen strawberries or mixed berries.
  - **Vanilla:** 1 tsp vanilla extract.
  - **Sweeten:** A drizzle of maple syrup or honey.
- 

## Toppings (High Protein!)

Top with crushed nuts, cinnamon, flax, hemp, or chia seeds.  
Enjoy!

This natural treat won't drain your body, mind, and soul like "fake" ice creams. You'll feel the difference in your energy and joints!

*Love, Anna xox*



**More Recipe at**  
[www.annacomerford.com](http://www.annacomerford.com)