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Courtesy of Zuzka Light

Banana-Peach Frozen Dessert

Ingredients:

Frozen banana, 1 medium

Frozen peaches, sliced, 1/2 cup

Flaxseed meal, 1 tsp

Coconut milk, 3 tbsp

Macadamia nuts, whole or halved, 1/4 cup, plus 2 whole nuts for garnish

Unsweetened almond milk 1/2 cup

Cinnamon for garnish

Instructions:

1. Place the banana, peaches, flaxseed meal, coconut milk, 1/4 cup macadamia nuts, and the almond milk in a blender. Blend on high about 30 seconds or until it resembles a thick frozen dessert.
2. Pour into a bowl and garnish with a dash of cinnamon and a couple of macadamia nuts.