

Maple Pecan Ice Cream

Rich and creamy - you're going to love this!

Serves 6-8

Ingredients:

3 ripe bananas
1/2 C raw almond butter
1/2 C raw tahini (sesame butter)
3/4 C dark agave nectar
1/4 C honey
1 t pure vanilla extract
1 T ground cinnamon
1 C pecans, chopped (optional)

Preparation:

Place all ingredients, save the pecans, into a food processor and blend until perfectly smooth. Remove from processor and stir in pecans. Freeze in an air-tight container for 6 hours or overnight.



This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>