

Black Sesame Nice Cream

Sweet and just a little nutty, this nice cream is the perfect chilled dessert.

With added muscle repairing benefits from **CanPrev's L-Glutamine**, and vitamins, minerals and electrolytes from the nourishing ingredients, this might just be your new favourite post-workout snack.

Customize by stirring in your favourite toppings for added texture.



Preparation time: 10 mins | Servings: 4



Ingredients

- 3 large bananas, frozen
- 1 can full fat coconut cream
- 2 tbsp maple syrup or honey
- ⅓ cup black tahini, or nut butter
- ¼ cup coconut sugar
- 1 tsp vanilla extract
- 1 tsp sea salt
- 1 scoop Fibre Feel
- 4 scoops L-Glutamine

Optional: cacao nibs, sesame seeds, and chopped walnuts.

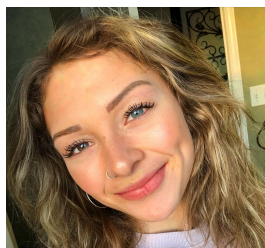
Method

1. Add all ingredients to a blender, and blend on high for 1 minute or until smooth.
2. Pour into a large airtight container, and freeze overnight.
3. Remove from freezer and thaw at room temperature for 10 minutes before serving.
4. Add your favourite toppings, and enjoy!

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Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

