

Revitalizing Banana Creamsicles

Beat the heat with these Revitalizing Banana Creamsicles.

Packed with whole food nutrition, antioxidants and healthy fats, these creamsicles check all the boxes. Each bar contains one serving of **CanPrev's Vitamin C 1000 Liposomal** to protect against cellular damage. Vitamin C also helps to support immune function, wound healing, healthy bones, cartilage, teeth and gums, and is essential for the formation of collagen and tissue repair.

Enjoy these revitalizing and refreshing treats guilt-free!



Preparation time: 8 hours | Servings: 4



Ingredients

- 3 large frozen bananas
- ½ cup full fat coconut milk from a can
- ¼ cup cashew or sunflower seed butter
- 3 tbsp maple syrup
- 4 tbsp Vitamin C 1000 Liposomal

Optional Toppings:

- ¼ cup semi-sweet chocolate chips, melted
- Bee pollen
- Chopped nuts

Method

1. Add all ingredients to a high-speed blender, and blend on high until smooth.
2. Pour mixture into popsicle molds and freeze for eight hours until frozen solid.
3. Remove creamsicles from the mold and place on a plate to garnish. Drizzle with melted chocolate as desired. While the chocolate is soft, sprinkle on desired toppings.
4. Place creamsicles back into the freezer for an additional five minutes until chocolate has hardened.
5. Enjoy straight from the freezer!

Featured Products



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.

