

ICE CREAM FOR BREAKFAST

IN PARTNERSHIP WITH UK HEALTHCARE

INGREDIENTS

Ice Cream Base

- 2 frozen bananas*
- ½ cup fat free Greek yogurt
- ½ cup low-fat milk

Banana Nut

- ¼ cup chopped walnuts or pecans

Mixed Berry

- ¼ cup frozen strawberries
- ¼ cup frozen blueberries

Green Monster**

- 1 cup baby spinach
- ¼ cup frozen pineapple
- ¼ cup frozen mango

*To freeze bananas, peel and break in half then freeze flat on a baking sheet before transferring to an airtight container.

**Blend the spinach and milk together first before adding other ingredients.

INSTRUCTIONS

1. Combine bananas, yogurt, and ¼ cup of the milk to a blender and blend until smooth.
2. Add more milk one tablespoon at a time until desired consistency.
3. Serve immediately for soft serve or freeze for up to 1 hour for a firmer texture.

Note: you may need to stop the blender once or twice and scrape down the sides with a spoon.

SERVES: 2

COOK TIME: 10 MINUTES



HONEY SESAME CHICKEN

NUTRITION FACTS

Check the label

Kickstart Your Morning with a Heart-Healthy Breakfast

Having this ice cream for breakfast is an excellent choice for high blood pressure and overall cardiovascular health. The base of the ice cream is made from bananas, which are rich in potassium. Potassium helps regulate blood pressure by balancing sodium levels in the body, reducing the risk of hypertension and heart disease. The inclusion of fat-free Greek yogurt provides a high-quality source of protein, which supports muscle maintenance without excess saturated fat. With only 2% of your daily sodium, this is a nutritious and delicious way to start your day.

Critical Minerals

- Banana Nut: adds healthy unsaturated fats and omega-3 fatty acids from nuts.
- Mixed Berry: high in antioxidants from berries, which combat oxidative stress and inflammation.
- Green Monster: spinach adds dietary nitrates, improving blood flow and reducing blood pressure.

Nutrition Facts	
servings per container	
Serving size	(240g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 151mg	10%
Iron 0mg	0%
Potassium 606mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Keep frozen for up to 1 week and enjoy every morning!