

# DAIRY-FREE ALTERNATIVES

TO

## ICE CREAM

Are you screaming for ice cream but don't want the dairy? Look no further! With a diverse retail selection and online library of recipes, your options for going dairy-free are almost endless.

*FRUITY*

### SORBET ICE CREAM

A staple when it comes to dairy-free ice cream alternatives, sorbet is most commonly found in delicious fruit flavors. But don't overlook the delicious chocolate or peanut butter options.

### SOY ICE CREAM

When looking for ice cream alternatives, soy products are one of the most developed around. With tons of flavors to choose from, you can't go wrong with soy!

### COCONUT ICE CREAM

This dessert can be purchased or made at home. If you already love coconut, this is sure to become your favorite substitute.

*EASY TO MAKE AT HOME*

### FROZEN BANANA ICE CREAM

Make this delicious treat by freezing some peeled and sliced bananas. Once the bananas are frozen, blend them with a splash of your favorite non-dairy milk and any extra flavors you want, such as chocolate or cherries.

*YUM!*

### CASHEW ICE CREAM

High in healthy fats, cashews are one of the simplest foods to make non-dairy ice cream with. This nut offers a creamy texture with a neutral flavor, making it a great complement to whatever add-in you're craving.

*MMMMM...*

### AVOCADO ICE CREAM

When frozen and blended, avocados produce a silky texture that's perfect for an ice cream base. Vanilla, chocolate and even berries are great flavor additions. Branch out and get creative!

*SNACK TIME!*

*DELICIOUS!*