

# Blueberry Nice Cream & Enlightened Cone



## BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

**For breads, rolls, and other yeast-raised baked goods:** Increase liquids  $\frac{1}{4}$  cup (60g) at a time until you reach the desired dough consistency.

**For cookies:** Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

**For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more:** Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

## Ingredients

- Frozen Banana
- Frozen Blueberry
- [Enlightened Sugar Free Cone](#)

## Instructions

1. Add blueberries and bananas to a blender or a food processor, pulse until creamy.
2. If needed, place back into freezer after blended.
3. Scoop and place on [Enlightened Sugar Free cone](#)

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We're here to help: [flourish-flour.com](https://flourish-flour.com)