

# Healthy Peach Nice Cream

When you're craving something cold, creamy, and sweet, ice cream often comes to mind. Unfortunately, many traditional ice creams are loaded with added sugars, heavy cream, and artificial ingredients. This Healthy Peach Nice Cream is a refreshing alternative made with naturally sweet frozen peaches, ripe banana, creamy Greek yogurt, and a splash of vanilla. Every spoonful is smooth, satisfying, and bursting with fresh peach flavor without the guilt. Whether you're cooling off on a hot summer day or looking for a healthier dessert the whole family will love, this homemade nice cream is a delicious way to satisfy your sweet tooth while nourishing your body. **What Is Nice Cream?**

Nice cream is a healthier alternative to traditional ice cream made by blending frozen fruit into a naturally creamy dessert. It gets its name because it's a "nice" or healthier version of ice cream, typically containing no heavy cream and much less added sugar.

## Healthy Peach Nice Cream

**Prep Time:** 10 minutes

**Freeze Time (Optional):** 30 minutes

**Total Time:** 10–40 minutes

**Servings:** 4

## Ingredients

- 4 cups frozen peach slices
- 1 medium ripe banana, sliced and frozen
- $\frac{1}{2}$  cup plain nonfat Greek yogurt
- $\frac{1}{2}$ – $\frac{3}{4}$  cup unsweetened almond milk (add more if needed)
- 1 tablespoon honey (optional)

- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$  teaspoon ground cinnamon (optional)
- Pinch of sea salt

## Optional Toppings

- Fresh peach slices
- Fresh blueberries
- Chopped pecans
- Unsweetened shredded coconut
- Chia seeds
- Fresh mint leaves

## Instructions

1. Place the frozen peaches, frozen banana, Greek yogurt, almond milk, vanilla extract, cinnamon (if using), honey (if desired), and a pinch of sea salt into a high-powered blender or food processor.
2. Blend until thick, smooth, and creamy, stopping occasionally to scrape down the sides. Add an additional tablespoon or two of almond milk if needed, but use as little liquid as possible to maintain a thick, ice cream-like consistency.
3. Serve immediately for a soft-serve texture.
4. For a firmer consistency, transfer the mixture to a freezer-safe container and freeze for **20–30 minutes** before serving.
5. Garnish with your favorite healthy toppings and enjoy.

## Nutritional Facts (Approximate Per Serving)

| Nutrient | Amount |
|----------|--------|
| Calories | 145    |

| Nutrient      | Amount  |
|---------------|---------|
| Protein       | 5 g     |
| Carbohydrates | 29 g    |
| Fiber         | 4 g     |
| Total Sugars  | 20 g*   |
| Added Sugars  | 0–4 g** |
| Fat           | 1.5 g   |
| Saturated Fat | 0.5 g   |
| Cholesterol   | 3 mg    |
| Sodium        | 40 mg   |
| Potassium     | 420 mg  |
| Vitamin C     | 20% DV  |
| Vitamin A     | 10% DV  |
| Calcium       | 8% DV   |

\*Naturally occurring sugars from fruit.

\*\*Depends on whether honey is added.

*Nutrition values are estimates and may vary depending on the ingredients used.*

## Why You'll Love This Recipe

- Naturally sweetened with fruit.
- Thick, creamy texture without heavy cream.
- High in vitamin C and potassium.
- Quick and easy to make in minutes.
- Kid-friendly and family-approved.
- Perfect for a healthy dessert or afternoon snack.

## Women's Health Benefits

Peaches are rich in vitamin C, antioxidants, and beneficial

plant compounds that help support overall health. Bananas provide potassium, an important mineral that supports healthy blood pressure, muscle function, and hydration. Greek yogurt adds protein and calcium to support bone health while helping keep you feeling satisfied. Using fruit as the primary sweetener reduces the need for added sugars, making this dessert a lighter alternative to traditional ice cream while still satisfying sweet cravings.

## Recipe Tips

- Freeze ripe bananas ahead of time for the creamiest texture.
- Use frozen peaches instead of fresh for the best consistency.
- Blend just until smooth to prevent the mixture from becoming too soft.
- For an extra peach flavor, stir in a few finely diced fresh peaches after blending.
- Store leftovers in an airtight freezer-safe container for up to one month. Let the nice cream sit at room temperature for 5–10 minutes before scooping if it becomes too firm.

## Flavor Variations

- **Peach Berry Nice Cream:** Blend in  $\frac{1}{2}$  cup frozen strawberries or blueberries.
- **Peach Cobbler Nice Cream:** Add  $\frac{1}{4}$  teaspoon nutmeg and sprinkle with crushed granola.
- **Peach Vanilla Nice Cream:** Add an extra  $\frac{1}{2}$  teaspoon vanilla extract for a richer vanilla flavor.
- **Peach Protein Nice Cream:** Blend in **30 grams ( $\frac{1}{4}$  cup or 4 level tablespoons)** of vanilla protein powder for a protein boost.

**Disclaimer:** Nutritional values are estimates and may vary

depending on the ingredients and brands used.