

Aiden Shakhnovsky's Healthy Treats

1. Disney's Famous Dole Whips

Equipment needed: blender

Ingredients: 3 cups frozen pineapple, 1 ripe banana, 1/2 cup coconut cream, 3 tbsp coconut milk (one can of full fat coconut milk is needed for this recipe), 1 tsp vanilla, 1/4 cup maple syrup

2. Strawberry ice cream

Equipment needed: food processor

Ingredients: 1 cup frozen strawberries, 1 ripe banana

3. Date balls

Equipment needed: food processor

Ingredients: 1 cup of walnuts, 1 cup of dates

4. Peanut butter cups

Equipment needed: muffin tin, muffin cups, small sauce pan, heat-proof bowl, spoon

Ingredients: dark chocolate chips, peanut butter