

Strawberry Dole Whip



If you have ever been to a Disney theme park, it is likely that you are well acquainted with a Pineapple Dole Whip! Recently added to the menu was a strawberry version, which is just as delicious! Now you can make a clean eating version of these frozen treats at home in minutes, with just a few simple and healthy ingredients!

Ingredients:

- 4 cup Frozen strawberries
- 1/2 cup Almond milk
- 2 tbs Sweetener of choice [1]
- 1 tbs Lemon juice
- Pinch Salt

Footnotes

I like [Natural Mate Baking Stevia](#).

Method

Combine all the ingredients in a blender and blend until smooth. Scoop into a plastic bag and freeze for about 10 minutes. Cut a hole in the corner of the bag and squeeze while swirling dole whip into a small bowl or cup.