

# Lemon Blueberry Ice Cream Bars

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-ice-cream-banana-bars-recipe>

## Ingredients:

- cookie LEMON
- 3 cups rolled oats
- 1/2 cup coconut nectar
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1/4 teaspoon salt
- ice cream BLUEBERRY
- 2 bananas frozen
- 3/4 cup frozen blueberries
- 1/2 cup fresh blueberries

## Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 208 grams
3. Cholesterol: 35 milligrams
4. Fat: 21 grams
5. Fiber: 19 grams
6. Protein: 22 grams
7. SaturatedFat: 8 grams
8. Sodium: 530 milligrams
9. Sugar: 68 grams

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