

Quick banana ice cream

Serves 2

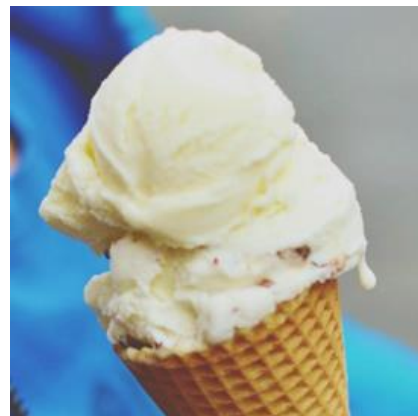


Ingredients (allergens in bold)

- 2 ripe bananas (peeled and frozen)
- Splash of coconut milk
- 1 teaspoon honey
- Ice cream cone

Method

1. Take the bananas out the freezer and allow to thaw for 10 mins.
2. Place in a bowl and add in the coconut milk and honey.
3. With a hand blender, blend the ingredients to make a smooth ice cream texture.
4. Scoop ice-cream onto a cone or place in a bowl and top with your favorite toppings!
5. Enjoy!



Equipment

- large mixing bowl
- hand blender
- teaspoon
- serving bowl

Recipe notes and tips

Experiment using various toppings such as:

- toasted desiccated coconut
- chopped nuts
- sprinkles
- cinnamon
- maple syrup
- homemade chai jam