



Banana 'Ice Cream'



Delicious, healthy ice cream – what more could you ask for? A brilliant way of using up overripe bananas.

Method

1. Take as many overripe bananas as you have, peel them and chop into chunks.
2. Place the banana chunks in a freezer bag or box and freeze until solid.
3. Tip the frozen banana chunks into a food processor and whizz until you've made a smooth, creamy 'ice cream'.
4. Serve, with extra fruit and fresh banana if you like.

Hints and Tips

The bananas you use must be very ripe – even mushy – so that the ice cream is sweet enough.

This recipe needs no other ingredients, but you could add a little creamed coconut or a pinch of cinnamon before blending.

You can serve the ice cream straight away, or spoon the mixture into lollipop moulds and refreeze to make banana popsicles.

The ice cream contains no milk or cream, so is perfect for vegans or anyone with a dairy intolerance or allergy.