

Easy Banana Peanut Butter/Coconut Ice Cream

Servings: 4 large serves

Pre time: 2 hrs

total time: 2hrs

INGREDIENTS

- 4: large very ripe bananas
- 2 table spoons: Peanut butter and/or 30 - 50mls coconut cream (if you don't like peanut butter you can use coconut cream OR you can use both)
- 2 -3 table spoons: shredded coconut (optional)

INSTRUCTIONS

1. Peel bananas and slice into ½ inch discs. Arrange banana slices in a single layer on a large plate or baking sheet. Freeze for 1-2 hours.
2. Place the banana slices in a food processor or powerful blender. Puree banana slices, scraping down the bowl as needed. Puree until the mixture is creamy and smooth. Add the peanut butter/ coconut cream (10mls at a time) and puree to combine. If you are using it, add the shredded coconut and puree for only a few seconds. Serve immediately for soft-serve ice cream consistency. If you prefer harder ice cream, place in the freezer for a few hours and then serve.

*Note-if you have a hard time creating a creamy consistency, you can add 1-2 tablespoons of milk to help puree the banana slices. Make sure you use a powerful food processor or blender!

Review:

Process: Easy

Medium

Hard

Comment-

Taste:



Comment-