

Banana Ice Cream

Preparation: 10 minutes / Waiting time: 2 hours

Serves 4, costs under £1

Ingredients

- 4 very ripe bananas
- up to 3 tablespoons of milk

Method

1. Peel and slice the bananas into chunks.
2. Place the banana into a container and freeze for at least 2 hours, or until frozen through.
3. Add to a food processor with a tablespoon of milk and blend. Continue to add the remaining milk until you achieve a smooth and creamy texture.
4. Scoop into bowls and serve.

Allergy Disclaimer: Always check the label of each ingredient for allergen information.



Easy
Peasy
Cook!



Top Tip:
This banana ice
cream counts
as one of your
5-a-day fruit
portions!