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BANANA ICE CREAM

Takes 5 mins

Ingredients

- ¼ cup favourite milk or water
- 3 frozen bananas cut into pieces
- 2 Tbsp peanut butter or other nut butter (optional if allergic)

Method

1. Add all the ingredients.
2. Occasionally turn the blender off and scrape down the fruit until you get a smooth texture. This might take about 2 minutes (depending on your blender).
3. Enjoy.
4. Optional: cacao nibs, vanilla powder/essence or a date for extra sweetener.

Kitchen hack: Be careful not to blend for too long as the ice will turn into a sauce. If this happens, simply pour into a container and put in the freezer for 15 minutes.