

NANA ICE CREAM

Serving 4

INGREDIENTS:

Classic version:

8 very ripe bananas* (1 kg. approx.)

1/2 tsp. vanilla extract (optional)

Chocolate ice cream:

1 to 3 tablespoons maple syrup

2 tablespoons cacao powder

2 tablespoons almond butter

1/2 teaspoon Himalayan/sea salt

Berry ice cream:

1/2 cup frozen berries of your choice

Caramel ice cream:

1 cup dates pitted

4 tablespoons almond butter

** For this ice cream recipe you need to let the bananas go really ripe before freeze them, this will make the ice cream much more creamy and delicious.*

PREPARATIONS:

1. *Peel the bananas, chop them into slices and place them in the freezer for at least 6 hours.*
2. *When you are ready to prepare the ice cream, take the banana slices out of the freezer and let them sit at room temperature for 5 minutes.*
3. *Put the slices into a food processor together with the vanilla extract (optional) and process until smooth and creamy.*
4. *Your ice cream is ready! serve and enjoy!.*
5. *If you want to prepare the variations mentioned just add the rest of the ingredients and blend again until well combined.*