

BANANA ICECREAM

GF D Mod amine

Serves ~4-6

Ingredients:

2 large just ripe bananas
1 tablespoon pure maple syrup
2 teaspoons vanilla
300ml whipping cream

Method:

- Slice the bananas into thin pieces and place on a tray in the freezer to freeze
- Once frozen place the banana into a blender with the maple syrup and vanilla
- Blend until smooth
- With the motor operating gradually add the cream to the banana and blend for about 3-4 minutes.
- Pour the banana mixture back into a bowl and place in the freezer to harden
- Serve in scoops

Serving suggestions

In a bowl with extra maple syrup

In an ice-cream cone (either gluten containing or gluten free)

Make homemade waffles with banana ice-cream and homemade caramel sauce

