

Fruity nice-cream

Serves: 4

Prep time: 5 mins

Cooking time: 0 mins



Ingredients

Banana 'nice' cream

4 bananas, frozen in chunks

1 tsp vanilla essence

or

Berry 'nice' cream

2 bananas, frozen in chunks

250g frozen berries

1 tsp vanilla essence (optional)

or

Mango 'nice' cream

2 bananas, frozen in chunks

250g frozen mango

1 tsp vanilla essence (optional)

Step 1: Process the frozen fruit and vanilla essence (if using) in a food processor until smooth and creamy (this will take a few minutes).

Step 2: Eat the ice cream immediately for a 'soft-serve' consistency. Or, transfer the ice cream to a freezer-proof container and freeze it until solid, for a 'traditional' ice cream consistency.

Freezing tip: peel the bananas and break into chunks. Place in an air-tight container and freeze for 3 hours or until frozen.

Serving suggestion: serve topped with fresh berries.

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