



SNACKS

BANANA ICE CREAM

The starting ingredient for this ice cream is frozen bananas. So make sure you have a few in the freezer at all times! The best way to freeze bananas is to select fairly ripe bananas, quarter each one and place them in small freezer bags.

- o Use one banana per person.
- o Choose any flavour combinations from:

handful blueberries

1 tbsp nut butter

handful strawberries

1 tbsp raw cacao powder

- o Then whizz in blender until smooth and creamy.
- o Serve immediately.