



# Quick banana ice cream

15'  
Hands on

10 hours'  
Hands off

4  
Portion(s)

1  
Difficulty



## Method

Watch the video in sign language [here](#).

- Slice the bananas into rounds. It is very important that you use bananas that are as ripe as possible.
- Line a [baking pan](#) with greaseproof paper.
- Add the banana slices, one next to the other, making sure they are not touching or overlapping.
- Cover with another sheet of greaseproof paper and repeat the process, making as many layers as necessary.
- Cover the baking pan with plastic wrap.
- Place in the freezer for 10 hours, to freeze completely.
- When ready, remove from the freezer and immediately take off the plastic wrap and remove the banana slices from the greaseproof paper. It is important to work quickly so that the bananas don't soften or defrost at all.
- Transfer to a food processor and beat until you create a mixture like wet sand. If you don't have a strong food processor or if it is not large enough, process the bananas in batches.
- When ready, add the honey and beat for a few more minutes.
- At this point, you can add the [food coloring](#) to give the ice cream a rich yellow color and beat for 30 seconds.
- You can also add any aromatics you like, such as cinnamon, ginger or even finely chopped couverture.
- The ice cream is ready when it has become smooth and a little gummy like.
- Chop up some dark chocolate couverture and add it to the banana ice cream. Simply drop it in and beat, just to distribute.
- Serve with cereals, dried cranberries, and mint leaves.
- Store in the freezer.

## Tip

The riper the bananas the better the ice cream! Don't worry if they have a few brown spots. It just means they are riper and sweeter. You can make this ice cream with any kind of fruit you like but remember... banana is King when it comes to ice cream!!

## Ingredients

- 4 bananas, ripe
- 4 tablespoon(s) honey
- 1 teaspoon(s) [yellow food coloring paste](#), optionally
- 100 g chocolate couverture

To serve

- whole-grain cereals
- nuts
- peppermint leaves

## Διατροφικός πίνακας

Nutrition information per portion

295 Calories (kcal)	8.8 Total Fat (g)	7.0 Saturated Fat (g)	50.0 Total Carbs (g)
15%	13%	35%	19%
48.0 Sugars (g)	2.3 Protein (g)	1.4 Fibre (g)	0.41 Sodium (g)
53%	5%	6%	7%