



Recipe Category / Ice Cream

2-Ingredient vegan ice cream

10'
Hands on

7 hours'
Hands off

950 g
Portion(s)

1
Difficulty



Ingredients

- 800 g bananas, peeled
- 250 g [peanut butter](#), smooth

To serve

- ice cream cones
- 50 g peanuts
- peppermint leaves

Διατροφικός πίνακας

Nutrition information per 100 gr.

197 Calories (kcal)	12.0 Total Fat (g)	3.1 Saturated Fat (g)	14.0 Total Carbs (g)
10%	17%	16%	5%

11.0 Sugars (g)	6.8 Protein (g)	1.6 Fibre (g)	0.21 Sodium (g)
12%	14%	6%	4%

Method

- Cut the bananas into irregular pieces and freeze them for 3 hours.
- Then, beat them in the blender along with 150 g peanut butter for 1-2 minutes, until the banana pieces are completely mashed and the ingredients are homogenized.
- Transfer the mixture to the freezer until it thickens well, for about 4 hours.
- In a [saucepan](#), heat the remaining 100 g peanut butter to thin it out.
- Divide the ice cream among ice cream cones, pour a little of the melted peanut butter, sprinkle with peanuts, and serve -if you want- with peppermint leaves.

Tip

Use your overripe fruits to make homemade ice cream.