



# 1 ingredient banana 'ice-cream'

*Serve with other seasonal fruits or enjoy on its own.*

## INGREDIENTS

### Serves 4

4 ripe bananas, cut into pieces and frozen for about 2 hours

### *optional*

½ cup of fruity mix-ins such as diced strawberries, apricots, blueberries

## METHOD

1. Place frozen banana pieces into food processor. Blend until bananas are smooth and creamy, stopping to scrape down the sides of the bowl if necessary.
2. Add 1 tablespoon of water if mixture is a little too thick. Stir in your mix-ins and spoon ice cream into a freezer safe container. Ice cream can be eaten immediately or stored in the freezer for later.

*Tip: Take out of freezer 15 minutes before serving to soften.*

**Enjoy seasonal fruit every day.**

For more inspiration visit [eatwelltas.org.au/get-fruity](http://eatwelltas.org.au/get-fruity)



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