

Ice Cream

Banana Ice Cream

3 medium ripe bananas

1 cup coconut milk

pinch of salt

- Place all the ingredients in a food processor and blend until smooth.
- Put the mixture in a shallow plastic container and place in the freezer.
- For the next 2-3 hours, whisk the mixture with a spatula or a fork every 30min, breaking up any lumps (water crystals) that might form.
- Set up a timer and see how mixture transforms into ice cream. You can also use an ice-cream maker for this recipe.

The process might seem tedious but the result is worth the effort.

Instead of banana, you can use mango or any other fruits and berries. You can also add chocolate powder and xylitor sugar to sweeten the ice-cream.

Ice cream with with hempseeds:

Add 2tbsp of ground hempseeds

Ice cream with nut butter:

Add 2tbsp of organic nut butter of your choice