

Good Enough 2 Eat

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Banana Icecream

Never throw away ripe bananas. Simply peel and freeze.

You'll need:

4 large bananas, peeled and frozen

Here's what to do:

1. Remove bananas from freezer for a few minutes so that they are neither rock hard nor thawed, but can be cut or broken easily.
2. Cut into chunks and blend in food processor until completely smooth (will take a few minutes).
3. Serve immediately.

Variations

- Other frozen fruit, such as blueberries, strawberries, mango, kiwi fruit, rockmelon, peeled peaches and nectarines can be added to the bananas. But be careful not to add too much watery fruit.
- Add oven-roasted almonds to processor once bananas are smooth and process for a few seconds to chop them up roughly. Very delicious!
- Add 1-2 tablespoons of carob powder to 6 bananas.

