

Banana Nice Cream



Swap berries for any frozen fruit

Ingredients

- 3 Bananas (frozen)
- 1½ cup frozen berries
- ½ cup reduced fat Greek yoghurt
- 4 ice cream cones
- 2 teaspoons honey (optional)



Equipment

Chopping board, knife, large bowl, cup measures, spoon measures, stick blender or blender, spoon



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1.

Peel and chop bananas and put into freezer overnight.

The next day, take out frozen berries and bananas 30 minutes before you start.

2.



3.

In a large bowl, add frozen bananas, 1½ cups frozen berries, ½ cup yoghurt and 2 teaspoons honey, if using.



4.

Using a stick blender or blender, blend ingredients until smooth. If mixture is too soft, put into freezer for a maximum of 2 hours to harden up.



5.

Serve immediately in a cone or bowl.



This recipe was inspired by Arabelle Sharma, winner of Foodbank WA's Superhero Foods Kids' Cooking Challenge for Pilbara Primary Schools.

