



HEALTHYFOOD
STUDIO



Banana and chocolate

ICE-CREAM

INGREDIENTS

2 small ripe bananas

20g 55% dark chocolate,
finely chopped

METHOD

Peel and chop the bananas into 3 cm chunks and place in a freezer container.

Freeze the bananas overnight.

The next day, when ready to serve, place the bananas in a food processor and blend the frozen banana. This can be a bit noisy and it will first look like bread crumbs, but continue to blend until it is a thick smooth mixture.

Stir in the chopped chocolate or place in a container in the freezer and serve when ready. It is easier to scoop when serving just after blending.

