

BANANA NICE CREAM

by Hannah O'Malley



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This tastes just as good as regular ice cream but is super healthy; I love it!

A dessert that feels like a treat but is 100% nourishing. Great for kids and adults alike.

Ingredients

- 6 medium-sized bananas, sliced or broken into roughly 5 pieces each
- 4 tbsp plant milk
- 2 cups fruit such as fresh or frozen berries
- 4 tbsp toppings such as chopped hazelnuts or pistachios, peanut butter, mint leaves, coconut flakes

Directions

1. Place sliced bananas in a container and freeze for at least 6 hours.
2. Remove bananas from the freezer and place in a food processor with 1 tablespoon of the plant milk. Using a small amount of plant milk is the trick as you don't want the nice cream to go too runny.
3. Blend for a short time until smooth, adding a few drops of plant milk at a time until you reach the right consistency.
4. Scoop into bowls, add a side of fresh or defrosted berries, and top with optional toppings.

Notes: You can also add the fruit or toppings to the blender at step 2 (or 2 tablespoons cocoa) to create different nice cream flavours such as strawberry, peanut or chocolate.

PREP TIME: 10 MINS

TOTAL TIME: 10 MINS

SERVES: 4

Hannah is a registered pharmacist and Certified Lifestyle Medicine Practitioner (ASLM) based in Nelson, Aotearoa. She is also the Events and Education Lead for Doctors For Nutrition. In addition to her pharmacy qualifications (BPharm, PG Cert Clinical Pharmacy), Hannah has certificates in plant-based nutrition and lifestyle medicine. She founded The Better Base in 2018.

