

Guilt-Free Ice-Cream, Five Ways

Dairy-Free Dishes

Source: www.oneingredientchef.com/one-ingredient-diet/ent-ice-cream/

INSTRUCTIONS

1. Take 4-5 ripe bananas (the more ripe the better – they should have at least a few brown spots), peel them, and add to a plastic freezer bag to freeze overnight until they're completely solid. They will keep for at least a week.
2. Cut the bananas into 1/2 inch chunks and add them to a food processor.
3. After about 45-60 seconds, the bananas should be fully blended into a smooth, creamy, and light frozen dessert. Be careful not to over-process or the friction from the processor will begin to melt the ice cream. You can enjoy this dessert right away for best results, but it will also freeze well for a day or two.

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Mint Chip Ice Cream: Mint chip was the surprise flavor for me. It tasted exactly like an authentic mint chip ice cream with almost no banana taste at all. It worked so much better than I expected. For this one, combine a few drops of peppermint oil with a handful of dairy-free dark chocolate chips and pulse in the food processor for 10-15 seconds.

Cherry Vanilla Ice Cream: This, too, is absolutely delicious and the color is stunning. Add a few frozen cherries (you can use fresh, but frozen works even better) and a few drops of vanilla to the food processor with the ice cream and pulse until the color becomes a consistent pink. Optional: throw in a few chocolate chunks for a "Cherry Garcia" like flavor.

Chocolate Coconut Ice Cream: This flavor reminds me a lot of the filling from my no-bake macaroon pie recipe. That's not surprising since the filling is banana, coconut, and cocoa powder, which is exactly what we're using here. Add some unsweetened coconut flakes and a tablespoon or two of cocoa powder to the ice cream and process for a few seconds until combined.

Peanut Butter Raisin Ice Cream: The inspiration for this flavor is "ants on a log" where you take a banana, coat it in peanut butter, and add raisins (ants) in a row on top. This is like ants on a (blended) log and all the authentic flavors come through perfectly. Simply add a tablespoon or two of peanut butter with a handful of raisins and pulse for about 30 seconds until the peanut butter is fully incorporated.

Did you know you can make a delicious, raw, vegan ice-cream from just one ingredient? Bananas!

INGREDIENTS

4-5 ripe bananas



SERVES:

2



PREP TIME:

10 MINS