

Jack's Banana Ice Cream

Not only is this an all-time family favorite but every client and student of mine is blown away by the simplicity and deliciousness of this recipe. My son Jack likes to play around with this creamy pleasure, adding everything from cinnamon to chocolate chips and nuts, though he has pretty much settled on this version as his favorite.

INGREDIENTS

2 large bananas (not over ripe),
peeled and frozen, cut into quarters
2 tablespoons coconut milk, or
other milk
2 teaspoons ginger root, peeled
and grated
1/2 tablespoon maple syrup, or to
taste

STEP 1

Peel bananas, quarter and freeze in plastic bag or container overnight.

STEP 2

Shave ginger using a microplane or ginger grater.

STEP 3

In food processor, combine bananas, coconut milk, ginger and maple syrup and purée until creamy (about 5 minutes). Taste and if not sweet enough (sweetness depends on bananas' ripeness), add more maple syrup to taste.

STEP 4

Once creamy and fluffy, enjoy immediately.

SERVES

2-4 people

TIME

🕒 10m

SHOPPING LIST

2 large bananas
1 can coconut milk, or other milk
1" piece ginger root
1 jar maple syrup

EQUIPMENT

Food processor
Microplane or ginger grater