

FROZEN BANANA ICE CREAM

BEYOND *the*
Chartwells
KITCHEN



WHAT DO I NEED?

FROZEN BANANAS!
ADD A DASH OF COCOA POWDER FOR A
CHOCOLATEY TWIST



HOW DO I MAKE IT?

1. PEEL AND CHOP OVER RIPE BANANAS INTO CHUNKS.
2. PLACE INTO A LUNCH BOX OR BAG.
3. ONCE FROZEN OR EVEN SEMI FROZEN (APPROX. 2-3 HOURS), POP INTO A FOOD PROCESSOR (WITH COCOA POWDER IF USING) AND WHIZZ UNTIL SMOOTH AND CREAMY.
4. SERVE WITH FROZEN BERRIES OR A FRUIT COMPOTE FOR AN EASY LOW SUGAR DESSERT!
5. IF YOU ONLY HAVE A BLENDER, SIMPLY ADD A CUP OF MILK AND BLEND FOR A FROZEN BANANA SMOOTHIE!

TOP TIP/DID YOU KNOW:

BANANAS ARE BELIEVED TO BE THE WORLDS OLDEST FRUIT ORIGINATING 10,000 YEARS AGO AND ARE ACTUALLY CLASSED AS A BERRY.



Chartwells
So much more than fantastic food