



Banana Ice Cream

Home Learning: Children know some healthier sweet food sources.

Ingredients (serves 2-4)

- 4 ripe bananas, sliced and frozen
- Optional toppings - raspberries, blueberries, maple syrup, chocolate chips

Method

1. Peel and slice the bananas into chunks and put into a box/bag for the freezer.
2. Place the box/bag into the freezer for at least 4 hours.
3. Tip the frozen banana chunks into a blender and blend until smooth (about 4 mins).
4. If you like soft scoop, serve immediately with or without a topping of your choice.
5. Alternatively, scoop the banana mixture into a freezer box and freeze until solid.
6. Let it thaw for a few minutes before serving.
7. Enjoy!

Nutritional Benefits

Bananas when they are ripe contain slow release sugars which are great for keeping energy well balanced. They are a great snack before or during sport to maintain energy.

