

BANANA ICE CREAM

This super easy recipe uses any bananas that are past their best and the result is a wonderful creamy, smooth ice cream.

METHOD

1. Peel the banana and cut into chunks.
2. Freeze in layers in a suitable container, placing sheets of greaseproof paper between each layer of bananas so that they do not stick together as they freeze.
3. Using a food processor, place a small amount of frozen bananas in the machine at time. If you do too many at one time, the machine will be forced to labour and stop. It is worth being patient and doing about a cupful at a time.
4. Blitz the bananas and watch as they become smoother and, with additional blitzing, creamier.
5. Place the pureed frozen mixture into a container and freeze again until required.
6. A little rum drizzled over the top is a real treat.
7. Great served alongside fruit salad as an accompaniment.