

# COCONUT BANANA ICE CREAM



This ice cream is naturally sweetened by the banana. Bananas have a high fructose level, so enjoy in small doses.

**Prep Time:** 20 minutes

**Total Time:** 55 minutes + 4 hours freezing time

**Yield:** 3 cups

**Equipment Needed:** food processor

## INGREDIENTS

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- 2 pounds ripe bananas (about 5 or 6)
- Zest of 1 lemon
- Juice of 1 lemon
- 2 teaspoons vanilla extract
- 1 teaspoon high mineral sea salt
- 1 cup full-fat coconut milk
- Toasted coconut strips for garnish, if desired

## DIRECTIONS

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1. Freeze the bananas, whole. Remove from freezer for 30 to 45 minutes, peel and blend in the food processor with the remaining ingredients.
2. Transfer the mixture to container(s), and freeze for at least 4 hours. If desired, prior to freezing, add toss-ins, such as chopped nuts, chocolate, etc.