

# 2 ingredient nut butter ice cream

gluten / dairy / naturally  
FRIENDLY FREE SWEETENED

serves 2

## ingredients:

3 frozen bananas

2 tbsp peanut butter (or your favourite nut butter)

## optional toppings:

sprinkle of chopped peanuts

dark chocolate

a pinch of sea salt

dried banana chips

cacao nibs

## method:

### If you're using a high powered blender:

Place the frozen bananas and peanut butter into the blender and blend until smooth. Spoon into a bowl and serve with your favourite toppings. If you prefer harder ice cream, pop in the freezer for at least 2 hours to harden up, then serve.

### If you're using a food processor:

Defrost your frozen bananas or fruit for 20-30 minutes on the bench before adding them to the blender or use a splash of nut mylk to help the frozen bananas or fruit blend. Spoon into a bowl and pop into the freezer for at least 2 hours to harden up. Serve with your favourite toppings.

