



SALTED CARAMEL NICE CREAM

The perfect balance of rich, creamy, salty and sweet, this salted caramel nice cream is just dreamy and delicious without the guilt. Made with only 4 ingredients it's a breeze to make and is the perfect choice on a Summer's day.

INGREDIENTS

- 1 cup medjool dates, pitted
- Pinch sea salt
- 1 cup coconut milk
- 4 frozen bananas, chopped

SERVES: 4

SETTING: PASTE/PULSE

PREP TIME: 5. MIN

**BLEND TIME: 25 MIN + 4 HRS
FREEZE TIME**

DIRECTIONS

- 1. In your Mealio® Hot & Cold Blender simply add ½ cup of coconut milk, 1 cup medjool dates and a pinch of sea salt.**
- 2. Select 'PASTE' and heat until combined**
- 3. Scrape down the sides**
- 4. Add in the other ½ cup coconut milk and your 4 frozen bananas and pulse in**
- 5. Place in a silicone or glass container and then put in the freezer and leave for 4 hours.**
- 6. Scoop and serve**