

# Glimpse into healthy icecream

An important part to our special Christmas recipe, which will be revealed in its entirety this Foodie Friday, is this amazing and delicious recipe...



## Banana ice cream

Basically, this recipe is: FROZEN BANANAS! All that needs to be done, is slice up a banana for each serve, and freeze. When ready to serve, simply blend the slices in a powerful food processor.

It is delicious in this simple form, but of course, you can add healthy extras for different flavours. Here are some of my favourite combinations:



## **Tropical strawberry ice cream**

1 frozen banana  
4-5 frozen strawberries  
1/2 cup coconut milk  
1/2 – 1 tsp cinnamon

## **Mint ice cream**

1 frozen banana  
1 small handful of spinach  
>5 mint leaves (the more the mint-ier!)  
1/2 cup coconut milk (optional)

## **Hidden goodies ice cream**



1 frozen banana  
4-5 frozen strawberries  
1 large handful of spinach  
1/2 zucchini, peeled  
1/2 tablespoon of cacao  
1 teaspoon of ground cinnamon  
A big splash of coconut water

## **Ginger ice cream**

- 1 frozen banana
- 1 handful of spinach (optional)



A chunk of fresh ginger

- 1/2 tablespoon of cacao (optional)

## **Creamy ice cream**

- 1 frozen banana
- 4 tablespoon of avocado
- 1/2 tablespoon of raw cacao
- 1 tsp of cinnamon

## **Choc strawberry ice cream**



1 frozen bananas

- 3-4 frozen strawberries
- 1/2 – 1 tablespoon of cacao
- 1 tsp cinnamon

## **Chocolate ice cream**

- 1 frozen banana
- 1 tablespoon of raw cacao

## **Pina Colado ice cream**

1 frozen banana  
1 cup frozen pineapple  
1 tsp vanilla extract OR 1 tsp cinnamon  
5 mint leaves (optional)  
1/2 – 1 cup cold coconut milk (optional)

## **Rocky blitz ice cream**

1 frozen banana  
1 small handful of frozen berries  
1 tablespoon of chia seeds  
1 tablespoon of LSA  
1 tsp of cinnamon  
1 tsp vanilla extract  
3-5 tablespoon coconut milk  
2-3 tablespoon shredded coconut  
1 tablespoon sunflower/nut butter  
1 tablespoon cacao nibs

Play around with these combinations and options, and be creative with your own favourite flavours. Top the ice cream with fruit, nuts, cinnamon, muesli, chia jam, chocolate sauce/ice magic; whatever takes your fancy!