

Instant Ice Cream

Number of Servings: 2

Prep Time: 5 minutes

Ingredients

2 frozen peeled banana's cut into coins

2-3 Tbsp cold coconut milk (the thick white part makes for a richer ice cream, or you can stir the coconut milk and measure out)

1/2 tsp good quality vanilla or vanilla powder

Instructions

Cut your frozen peeled banana's into coin size pieces that are about 1/2" wide.

Put into a high powered blender or food processor.

Add the coconut milk, if you like thick use 2 tbsp, if you like more soft serve use 3
add vanilla

blend until combined and thick. You may need to stop machine and scrap down the sides. Serve right away.