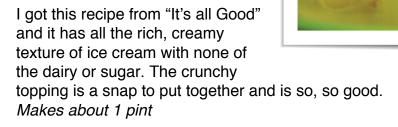


BANANA "ICE CREAM" WITH SWEET & SALTY ALMONDS



INGREDIENTS

4 frozen bananas, sliced into thin rounds
¼ cup finely chopped almonds
2 tsp plus 2 tbsp high-quality maple syrup, divided
Pinch of sea salt
½ cup unsweetened almond milk
1 tsp pure vanilla extract

METHOD

- 1. Slice frozen bananas.
- 2. Then in a small bowl, combine the almonds with 2 teaspoons of the maple syrup and the pinch of salt and set the mixture aside.
- 3. Combine the frozen banana slices, the almond milk, the remaining 2 tablespoons of the maple syrup, and the vanilla in the food processor and pulse until the mixture is the texture of soft-serve ice cream, scraping down the sides if necessary. Don't worry if the mixture is not totally smooth at first-once the bananas start to break down and defrost in the food processor, they'll give in and the "ice cream" will take shape quickly.
- 4. Spoon the banana "ice cream" into bowls immediately and sprinkle each serving with a bit of the almond mixture.