

BANANA “ICE CREAM” WITH SWEET & SALTY ALMONDS



I got this recipe from “It’s all Good” and it has all the rich, creamy texture of ice cream with none of the dairy or sugar. The crunchy topping is a snap to put together and is so, so good.
Makes about 1 pint

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.