Banana Ice Cream



Serves	2-3
Prep time	25 minutes
Allergy / Intolerance	Artificial Addititives, Artificial Colours, Dairy, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet – Very High Chemical
Meal type	Dessert, Sweet Things
Misc	Child Friendly, Freezable, Pre-preparable, Serve Cold
Website	Australian Bananas

Ingredients

- 3 Large bananas (very ripe)

Directions

1. Peel the bananas and wrap in cling wrap. Place in the freezer overnight.



2. Remove from the freezer 20 minutes before serving, then roughly chop. Place into a food processor and whiz until it becomes thick and creamy.



3. Serve straight away, or refreeze and allow to soften for 20 minutes before serving.

Note

High Amines, Low Salicylates, Low Glutamates

3 bananas make 4 large scoops of ice cream.

Variations: stir-through some chocolate chips or crushed honeycomb pieces through the ice cream before serving.