



JERNEJ KITCHEN

BANANA PEANUT BUTTER ICE CREAM

*Banana Peanut Butter Ice cream is an amazing homemade no-churn ice cream, made in just 10 minutes.
Dairy-free and Gluten-free recipe perfect for hot summer.*

SERVES 4 PEOPLE
PREPARATION: 10 MINUTES

BANANA AND PEANUT BUTTER ICE CREAM

4 frozen peeled bananas

2 tbsp peanut butter

2 tbsp honey or maple syrup

70 g blanched almonds (1/2 cup)

pinch of salt

topping: coconut flakes, cacao nibs,
chocolate sauce, caramel

TOOLS AND EQUIPEMENT

kitchen knife

blender or food processor

serving cups

ONE DAY AHEAD

Peel your bananas, cut on larger chunks and place in a freezer bag. Freeze them for at least one day (or up for a month).

BLEND

Place the frozen bananas in a high-quality blender or food processor. Add peanut butter, honey or maple syrup, blanched almonds and a pinch of salt. Mix until creamy, silky and delicious, for about 2 - 3 minutes.

SERVE

Serve immediately or even better: Transfer to a container and freeze for at least 2 - 4 hours. That way your ice cream will have even a creamy texture. Serve with your favorite topping. We like cacao nibs and coconut flakes or maple syrup. Enjoy. Keep chilled in a freezer for up to a month.

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