



## 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.