

DAIRY FREE MOUTH WATERING BANANA ICECREAM

Serves 2

3 BANANAS, CHOPPED SMALL AND FROZEN OVERNIGHT
1 TSP OF COCONUT OIL/BUTTER
½ CUP OF RAW CHOCOLATE NIBS GROUND(Not powdered)
¼ CUP OF BLACKCURRANTS
2 TBSPS OF RAW AGAVE SYRUP/NECTAR

Blend the agave nectar and blackcurrants together and leave this coulis to marinate while preparing the rest of the dish

Add the frozen bananas and coconut oil to the food processor and mix till it becomes white. You may have to stop & rest your machine as it takes a few minutes. Scrape down the banana halfway, and work quickly so the bananas don't melt, otherwise they won't turn to white whippy-like ice cream.

Once the ice cream is made, mix in the chocolate by hand and put the ice cream into freezer for an hour.

Strain the blackcurrant skin and pips out of the coulis using some muslin. You can either drizzle this over the ice cream once it is ready to be served OR....just add the agave syrup to the ice cream on its own before freezing i.e not using blackcurrants.

CHERRY CAKE

SEE THE BOOK....NAKED CHOCOLATE
BY
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