26 ways with banana ice-cream

By Grade 6B Kennington Primary School

Tropical banana ice-cream
Strawberry bliss ice-cream
Extreme banana ice-cream
Chocofluicious banana ice-cream
Banana cookie and cream ice-cream

Featuring...
Ingredients
1 frozen banana (peeled)
1/4 or 1/3 cup of fresh mint extract
1 tablespoon of pure maple syrup
1/2 tablespoon of coconut milk (or milk)
1/4 avocado
Mint leaves
1 teaspoon of peppermint oil
1 tablespoon or teaspoon of sugar (optional)
3 leaves of baby spinach
Pinch of salt
2 1/4 teaspoons of water

Instructions
1. Cut up the frozen banana.
2. Pop the slices into a food processor and pulse.
3. Add the salt then the milk and pulse.
4. Add the mint and spinach and pulse.
5. Add the maple syrup, avocado, peppermint oil, sugar and water then pulse till smooth.
6. Put in freezer for 3-4 hours.
7. Serve and enjoy immediately!
Abbey’s Banana Wicked Ice-Cream

You Will Need:
1 banana (frozen)
1 square of dark chocolate
1/4 tsp of vanilla powder

Method:
Step 1 - Place frozen banana into a food processor.
Step 2 - Turn food processor on.
Step 3 - Add vanilla powder and chocolate.
Step 4 - Leave processor on until the mixture has turned to an ice-cream-like consistency.
Step 5 - Scoop the ice-cream into a bowl and enjoy.

Tip - don’t leave processor on for too long or the ice-cream will turn into a liquid.
1. Cut open the avocado and scoop it out.

2. Put the banana in the food processor.

3. Add the avocado and lemon juice.

4. Mix all of the ingredients together.

5. Let the mixture chill for a few minutes.

6. And there you go!

YOU WILL NEED:

AVOCADO
BANANA (FROZEN)
LEMON JUICE

STEPS:
1. Peel, slice and freeze bananas.
2. Slice strawberries in half.
3. Place all in food processor.
5. Add the vanilla essence.
6. Scoop up and place in bowl.
Tip: Freezing the banana overnight provides the best ice cream.

What you will need:
- 1 large, ripe banana (peeled and frozen for 2 hours or more)
- 1 tsp maple syrup
- 2 tbs whipped cream
- 2 fresh strawberries
- 1/4 cup canned mixed berries
- 1 tbs condensed milk
- Food processor or blender
- Airtight container
- Plate or bowl

Steps
1. Take the frozen banana pieces out of the freezer.
2. Put the frozen pieces of banana into the blender.
3. Blend until it looks gooey like banana mush.
4. Keep blending until it looks like oatmeal.
5. Blend a bit more until you see the banana smoothen out.
6. Scrape the banana mixture out of the blender.
7. Mix the berries into the frozen banana ice cream.
8. Squeeze in the maple syrup and condensed milk.
9. Scoop the ice cream into a plate and enjoy or seal the mixture in an airtight container and put it into the freezer to freeze like traditional ice cream.
10. Add a spiral or dollop of whipped cream for topping.
11. Add the cut up strawberries on top.
12. ENJOY!
Banana and Maple Ice-Cream 🍦

By Lisa M

Materials

- 1 banana (frozen and peeled)
- 2 tablespoons of pure maple syrup 🍯

Method

1. Process the banana in a food processor until creamy.
2. Take the processed banana out of blender and add 2 tablespoons of pure maple syrup.
3. Stir together until combined.
By Beau

Banana and strawberry ice cream

Goal
To make a banana and strawberry ice-cream for a snack or dessert.

What you need
A bowl
1 cup of strawberries, frozen
1 big banana, frozen
1/2 tablespoon of sugar
A food processor

Steps
First step is put the strawberry in the bowl
Then add the sugar to the strawberry
Then put bananas and strawberry in to the blender
Then when the ice cream stops moving scrape down the ice cream
2-3 min in the blender
Then take in out of the blender and then you put the ice cream in the freezer for 2-3 hours
When is frozen solid, take it out of the freezer, wait 10 minutes and then eat it.
Banana And Strawberry Ice-Cream

By Liam

What You need
. 1 Banana
. 2 Strawberries

Steps
1. Put strawberries and banana in food processor.
2. Process
How To Make a Banana and Strawberry Ice-Cream

By Tanika

Ingredients

- 1 large, ripe banana (peeled, chopped and frozen)
- 2 strawberries
- 1/4 tsp vanilla extract

Materials

- Food Processor
- Spoon
- Bowl

Steps

Step 1- Place your Frozen Banana and two Strawberries into the food Processor

Step 2- Add 1/2 teaspoon of vanilla extract

Step 3- Process them all together

Step 4- Scoop the ice-cream out of the food processor ready to eat

Did You Know?

This recipe has 119 calories and a total fat content of 0.1g
Banana Blueberry Strawberry Ice-Cream

1 Banana.
6 Blueberries.
2 Strawberries.

1. Peel banana.
2. Cut banana up.
3. Freeze banana.
4. Put banana in food processor.
5. Add the blueberry and strawberry to the food processor.

By Ma Kor Hser
BANANA CRUNCH

Makes 1 serve.

INGREDIENTS
1 Frozen banana, peeled and sliced
2 Arrowroot biscuits
1 1/2 tsp desiccated coconut

ICE-CREAM
1. Crush up the biscuits.
2. Put bananas into a food processor.
4. Add biscuits and coconut and stir.

*optional*
Crush Hazelnuts so they are chunky and sprinkle them on top

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 121 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Nutrition Grade</td>
</tr>
</tbody>
</table>

* Based on a 2000 calorie diet
Banana ice-cream

1 banana
6 blueberries
2 strawberries

1. Peel banana.

2. Cut banana in pieces.

3. Freeze banana.

4. Put banana, blueberries and strawberries in food processor.

By Rose May
BANANA ICE-CREAM WITH BERRIES

3 bananas, sliced and frozen🍌
1/2 tsp maple syrup🍯
1/2 tsp cinnamon
Mixed berries🍇🍒

Slice your banana into chunks and freeze in a sandwich bag. Once the bananas are frozen, you’re ready to make your ice cream.

1. Add frozen bananas to a food processor.
2. Mix for a few minutes. Stop sometimes and mash the chunks.
3. Keep processing and you will eventually get what looks like soft serve ice cream.
4. Add maple syrup and cinnamon and stir until they are mixed in.
7. Place some berries on ice cream.
Enjoy guilt-free!

Total Fat 0.0g
Total Carbohydrates 33.2g
Sugars 18.0g

This recipe contains
Vitamin A

HUMANS SHARE ABOUT 50 PERCENT OF DNA WITH BANANAS

THIS RECIPE WAS MADE BY: MATT
**Goal:**
To make delicious, healthy modified banana and strawberry ice cream.

**Materials:**
- 1 large banana (per serve)
- 2 strawberries (per serve)
- Food processor
- A knife, spoon, ice-cream cup and ziplock bag

**Method:**
1. Freeze the banana overnight in a ziplock bag.
2. Gather all your needs.
3. Break the banana and put it in the food processor.
4. Cut the strawberries in half and put them in the processor.
5. Process until a smooth paste.
7. Enjoy!

Created by Millie
Banana blueberry strawberry ice-cream
by Moo Nay Thar

1 Banana
6 Blueberries
2 strawberries

1. Peel Banana.
2. Cut Banana in pieces.
3. Freeze banana.
4. Put banana in food processor and put blueberry and strawberry in.
Ice-Cream BananaFest

*Serves:* 4

**You will need:**
- 1 large frozen banana (peeled and cut)
- 50g of frozen raspberries
- 2 mint leaves
- 1 1/2 tsp vanilla essence

**Method**
1. Place the chopped, frozen bananas in the processor.
2. Add the frozen berries in.
3. Process the fruits until they have a soft and creamy texture.
4. Add the vanilla essence in and blend it again, but not a lot or it will be too mushy.
5. Add 2 mint leaves on top to make it look pretty.
6. Serve it in a small cup and enjoy 😊

**Calories**
- Banana: 89 cal
- 50g frozen raspberries: 32 cal
- 2 mint leaves: 24 cal
- 1 1/2 tsp of vanilla essence: 18 cal

*Did you know...*

Frozen fruits and vegetables have the same nutritional value as fresh ones.
Banana cookies and cream ice cream by Jackson

You will need:
4-5 bananas
1 cup of milk
2 tablespoons maple syrup
2 teaspoons vanilla essence
2 tablespoons cacao
Plastic freezer bag
Fridge
Food processor

Start ⬆️

STEP 1
Take 4-5 ripe bananas (the more ripe the better – they should have at least a few brown spots), peel them, and cut into centimetre chunks. Add to a plastic freezer bag to freeze overnight until they’re completely solid. They will keep for at least a week.

STEP 2
Add the bananas, maple syrup, cacao and vanilla essence to a food processor. After about 45-60 seconds, the ingredients should be fully blended into a smooth, creamy, and light frozen dessert. Be careful not to over process or the friction from the processor will begin to melt the ice cream. You can enjoy this dessert right away for best results, but it will also freeze well for a day or two.
If you want to add cookies into your ice cream follow this recipe and ground up the cookies

Cookies

You will need

130 grams flour
2 1/2 tablespoons melted coconut oil
2 tablespoons maple syrup
1 teaspoon vanilla extract
1/4 teaspoon sea salt flakes
1/4 teaspoon baking powder

1. Preheat oven to 170 degrees.
2. Put all of the ingredients in a bowl and mix well
3. Bake in oven for 15 minutes.
4. When they are ready, pull them out and crush up the biscuits. Add them to the ice-cream and mix it together.

End result
The recipe everyone loves, just got a whole lot better. Feast on a new, yum style of banana ice-cream. With healthy ingredients, you'll have everybody loving it in no time.

**Ingredients**
- 1 frozen banana, peeled
- 2 tsp pure maple syrup
- 5 squares dark chocolate, grated
- 1 mint leaf (for ice-cream), torn into little pieces
- 2 small mint leaves (for garnish)

**Steps**
1. Pour about 3/4 of the chocolate into a mixing bowl and mix with the banana until combined. Keep mixing while the maple syrup is added.
2. Spoon all the mixture into the food processor making sure there is nearly nothing left in the bowl.
3. Turn on the food processor and let it go until the ice-cream is all creamy.
4. Scoop into a bowl, put wrapper over the top and leave in the freezer for an hour or 2 or until the ice-cream has frozen a little.
5. Bring out the ice-cream and scoop into the serving bowls.
6. Top them off with the mint leaves and left over dark chocolate to make it have that extra taste and professional look.
7. ENJOY!!!! This healthy and scrumptious dessert will have everyone wanting more.
How to make extreme banana ice-cream by Tari

You will need:
1 banana (frozen for 2 hrs, peeled and chopped) 105 calories
1/2 teaspoons of cinnamon (dry) 3 calories
1/2 teaspoons of nutmeg (dry) 6 calories
A pinch of lemon zest (grated) 5 calories
1 cup of strawberries (fridge) 39 calories
Pinch of vanilla bean powder (dry)

Steps
1. Chop frozen banana into big chunks.
2. Process the banana in the food processor.
3. Add the lemon zest.
4. Add cinnamon and nutmeg.
5. Add a pinch of vanilla bean powder.
6. Chop some strawberries and put them in too.
7. Stir until all ingredients are mixed into the ice cream.

Did you know?
That bananas are the #1 best selling fruit in Australia.
Healthy Tropicana Banana, Passionfruit and Coconut Ice-Cream!

You will need:
- 1 banana, peeled, chopped and frozen
- 1 passionfruit, cut in half
- 1/2 tsp coconut
- 2 strawberries, cut in half

1. Place your frozen banana into a food processor.
2. Squeeze the passionfruit juice into the food processor.
3. Process the banana and passionfruit on medium until it looks creamy.
4. Slowly add the coconut while processing.
5. Once combined, serve with strawberries on top.

Did you know?
Passionfruits originated in South America, but now grow widely in Australia, New Zealand and South Africa.
Natural strawberry🍌 banana香蕉 ice-cream 🍦
By Zack

Ingredients:
2 bananas 🍌
4 strawberries 🍓

Directions:
1. Peel bananas and cut into 5 pieces.
2. De-stem and chop strawberries into rough chunks.
3. Freeze bananas and strawberries until ready to use, at least half a day.
4. When ready, place strawberries and bananas into a food processor.
6. Enjoy your delicious ice-cream🍦🍦🍦

Bananas🍌 are more of a berry than a strawberry🍓
Rich's Delight Ice-cream

By Grace

Ingredients
1 banana (peeled and frozen)
3 strawberries (top of them cut off and chopped in half)
6 blueberries
1 tsp of pure maple syrup

Materials
Food processor
Teaspoon
Knife
Small bowl
Spoon

Method
1. Place your frozen banana in the processor for 2 minutes.

2. Slowly drop in the blueberries, strawberries and maple syrup.

3. When finished, scoop out the ice cream with a spoon and put it into the small bowl.

4. Serve with a couple of strawberries and blueberries on the top.
Strawberry Bliss Ice-cream 🍓🍦
by Ebony

1. Place your frozen banana and strawberries into the food processor.
2. Wait until it is all mixed in and add the cacao and vanilla extract.
3. Place it all in a cup or bowl and mix together
4. Enjoy your healthy strawberry bliss ice-cream!

Ingredients:
- Frozen banana
- Several strawberries
- Vanilla extract
- 1/2 tsp cacao

Did you know??
Strawberries are the only fruit that have their seeds on the outside!!
Ingredients
3 Bananas (frozen and peeled) 🍌
4 Strawberries 🍓🍓
7 Blueberries 🍃🍇

Steps

Step 1-
Place bananas in a food processor and process for 2 minutes.

Step 2-
When banana is mixed and creamy, add in your strawberries.

Step 3-
Once combined, place your blueberries in and process until all mixed in well.

When all steps are done, it should be creamy and ready to eat.
vanilla with coconut banana ice-cream

Ingredients
1 banana (peeled and frozen)
1 tsp vanilla bean powder
50ml coconut cream

1. Place the frozen bananas in a food processor and process until smooth.
2. Put the banana ice-cream in a cup or a bowl.
3. Add 50ml coconut cream and mix until combined.
4. Add a pinch of vanilla bean powder and mix it around in the cup.

By Ethan
Ingredients:

1/2 teaspoon vanilla essence

1 or 2 bananas

1 or 2 teaspoons of coconut

Materials:

1 bowl

1 spoon

1 small measuring spoon

1 food processor

Steps:

1. Process the bananas until smooth.

2. Add the vanilla essence and mix it together.

3. Add the coconut and slowly mix it through

4. Make sure all of the ingredients are mixed together well.

5. NOW you can eat it. Enjoy!!

Tip:
Make sure the bananas are ripe and very well frozen. Preferably overnight in the freezer.