

How to Make Banana Ice Cream

With Andrea at Down to Earth

[Music Playing]

Andrea: Aloha everyone... Welcome to the Down to Earth kitchen!

My name is Andrea...

And today, I'm going to share with you a recipe...

For one of my favorite desserts...

It's raw...It's vegan... It's dairy-free!

It's guilt-free, and it's super delicious...

And the only ingredient is bananas...

We're going to make a banana soft-serve ice cream...

For our banana soft-serve...

You can choose either type of banana...

The regular Williams banana...

Or our small apple bananas...

That we have here in Hawaii...

Either way... You want to make sure that your bananas are really nice and ripe...

Let them get as brown as possible...

And then stick them in the freezer at least overnight...

Before you make your dessert...

Take your bananas out of the freezer and let them thaw...

For just about five minutes...

This helps them blend up just a little bit faster...

Put them in your processor...

Cover... And then blend...

[Music Playing]

After a few minutes...

You might find that your bananas are little a bit chunky...

On one side of the processor...

So take your spatula... And just spread them out a little bit...

And then continue blending...

It does take a few minutes...

But... Once it's done...

You end up with creamy smooth ice cream textured bananas...

I hope you enjoyed this recipe for banana soft-serve...

Check out more recipes at DowntoEarth.org

And find more videos on the Down to Earth YouTube channel...

Thank you for watching... Aloha!

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