



**NICE
CREAM**





BANANA AND KIWI NICE CREAM



Serves 1

*2 bananas, peeled and frozen
1 fresh kiwi, peeled and chopped*



Who would have thought that bananas and kiwi go together? Well they do. I love this tropical little combination.

Put the bananas in the food processor and blend until thick and creamy. Then add the kiwi and blend until combined, being careful not to over-blend otherwise the banana will become too soft. Enjoy straight away.

BANANA AND NUTELLA® NICE CREAM



Serves 1

*2 bananas, peeled and frozen • ½ tsp vanilla extract
85 g (3 oz/¼ cup) Nutella® or It's Not Nutella® Spread (page 130)*



Banana and Nutella® are a match made in heaven. So simple, so good and so addictive!

Put the bananas in the food processor and blend until thick and creamy, scraping down the sides every 30 seconds. Process until the mixture becomes completely smooth and has the consistency of ice cream. Add the vanilla extract and Nutella®, then pulse until combined. Eat straight away.

Top Tip: You could swap the Nutella® for 1 tablespoon unsweetened cacao powder or cocoa powder and a little squirt of maple syrup.

VANILLA NICE CREAM WITH RASPBERRIES AND HONEY-ROASTED MACADAMIA NUT BUTTER SWIRL

Serves 4

*For the honey-roasted macadamia nut butter
(makes approx. 1 x 200 ml/7 fl oz jar):*

*2 tbsp honey • 4 tsp melted coconut oil
½ tsp ground cinnamon • a pinch of sea salt
200 g (7 oz/2 cups) raw whole macadamia nuts*

For the nice cream:

*4 bananas, peeled and frozen
400 ml (14 fl oz) tinned coconut milk, chilled (thick part only)
1 tsp vanilla extract • 125 g (4½ oz/1 cup) raspberries
2 tbsp Honey-Roasted Macadamia Nut Butter (see above)*

Honey-roasted macadamia nut butter is swirled through a vanilla-scented nice cream, then spiked with fresh raspberries. Heavenly. Any leftover nut butter keeps beautifully in the fridge for a good couple of weeks. Try it spooned straight from the jar, smothered on toast, or scooped into little Graola Bowls (page 137) as shown!

Preheat the oven to 180°C (350°F/Gas 4). Line a baking sheet with parchment paper.

First make the nut butter. In a bowl, mix the honey, coconut oil, cinnamon and salt. Add the nuts and thoroughly combine. Spread the mixture on to the lined baking sheet in a single layer and bake for 15 minutes or until golden brown. Keep an eye on the nuts to make sure they don't burn.

Remove from the oven and set aside to cool. Once cooled, put the roasted nuts in a food processor or blender and blitz until smooth. Transfer into an airtight container and store in a cool dry place or the fridge. This will last for 3-4 weeks.

To make the nice cream, put the bananas, coconut milk and vanilla extract in a food processor and blend until thick and creamy, scraping down the sides every 30 seconds. The mixture should be the consistency of soft-serve ice cream. Fold through the raspberries and the nut butter – being careful not to over-mix – to make a nice swirl. Serve straight away.

