Banana-coconut dairy-free ice cream

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When blended with frozen ripe bananas, coconut meat (a.k.a. coconut butter) is transformed into the base for this creamy banana-coconut dairy-free ice cream.

Ingredients (serves 12)

- 8 very ripe bananas
- ½ cup melted coconut meat, such as coconut butter
- ½ cup 'lite' coconut milk
- ¼ cup agave syrup or honey
- Pinch of salt
- ¼ cup unsweetened shredded coconut, toasted, plus more for garnish

METHOD

Peel bananas and cut into quarters. Freeze in an airtight container until completely frozen, at least overnight.

Place frozen banana pieces, coconut meat, coconut milk, agave (or honey) and salt in a food processor fitted with a metal blade. Pulse and process until smooth, scraping down the sides as needed. Add shredded coconut and pulse once or twice just to combine.

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Serve immediately as soft ice cream, garnished with coconut (if desired). Or transfer to an airtight container and freeze until firm. Let stand at room temperature for five minutes before scooping.

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