

Recipe No. 5/2013

Banana and Date Freeze

This summer frozen dessert is full of goodness, no dairy, eggs and no added sugar. Yet for those cream, sugar addicts – like myself, you will taste the sweet, creamy taste and go back for seconds!

Ingredients

700g (10) Bananas – well ripened
110g Dates, pitted and roughly chopped
5ml Cinnamon, (optional)

Method

- Freeze the Bananas overnight. Cut each banana into 4 pieces.
- Place all ingredients into TM bowl.
- Blend together **30 secs/speed 9** until smooth and creamy.
- Check consistency. If required, repeat.

Chef's Tips

- This is a great way of using up bananas which are ripening too quickly. Place in the Freezer with skins on and use when required.
- To peel frozen banana, take out the freezer. Leave out for 5 minutes for peels to soften. Peel and cut.
- Replace dates with chocolate. Break chocolate in TM bowl. Chop on closed lid position/Turbo. Add to banana last 10 seconds of blending.



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