

Recipe of the Week

Instant Banana Ice Cream

Ingredients

80g macadamia nuts
80g chocolate or carob
4 bananas, peeled, quartered and frozen

Method

- Place nuts into TM bowl and mill for 5 secs / speed 8
- Add broken chocolate or carob and mill for a further 5 secs / speed 8
- Add banana pieces and process for 30 secs / speed 8
- Serve immediately



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Tel: 011 974 1171

www.sathermomix.com