



BLUE ZONES RECIPE

BLUE-ZONE INSPIRED ROASTED BANANA, DATE & COCONUT "ICE CREAM"



INGREDIENTS:

- 350 grams ripe banana, unpeeled
- 2 each, medjool dates, pitted
- 1 can Coconut Milk, well chilled (full fat or light can be used)
- ½ tsp vanilla extract, pure
- Pinch of cinnamon

INSTRUCTIONS:

1. Roast unpeeled banana and dates in a 400-degree oven until soft and banana skin has darkened. Banana will become almost liquified
2. Remove and peel banana
3. Chill down ingredients
4. Puree in a blender with the coconut milk until very smooth
5. Process in ice cream maker per manufacturer's instructions