

Healthy Banana Split



I love this healthy dessert! It's completely free from dairy, gluten, eggs - and it's even free from caffeine (cacao). It will leave you feeling energised and light, instead of feeling heavy, tired and bloated. You've just got to try it!

Servings: 1

Vanilla Nice Cream

2 frozen bananas
1/4 tsp vanilla powder
1 tbsp maple syrup
1 tbsp cold water

Carob Sauce

2 tbsp carob
1 tsp arrowroot powder
1 dl banana milk
2 tbsp maple syrup
1/4 tsp vanilla powder
1/2 tsp sea salt

Banana Milk

1 room temperature banana
1 dl water

Topping

chopped Brazil nuts and walnuts

Instructions

1. Start by taking two bananas out of the freezer. Put them in the food processor and let them defrost for about 10 minutes.
2. Chop Brazil nuts and walnuts. Put them in a small bowl and set aside.
3. Then mix the banana milk quickly in a blender. You may need a little less or a little more water, depending on the size of the banana. It should be like a little thicker milk. Take a little water at a time, until you have a good consistency.
4. Put all the ingredients for the carob sauce in a bowl and mix well. Then pour into a small saucepan on medium heat. Stir constantly until the sauce begins to thicken a little. Then turn off the stove immediately and set aside. Keep an eye on the sauce so it doesn't become too thick.
5. Make the ice cream by putting all the other ingredients in the food processor with the bananas. Mix until you have a creamy and thick consistency. You may need to add a little more water, but let it mix for a minute or so before adding more.
6. Peel a banana and cut it in half. Place three scoops of ice cream in between the bananas. Top with carob sauce and chopped nuts. Serve immediately.

Make sure the bananas you use are ripe. They are usually perfect if they have a few brown spots on them. Green bananas are not ready for consumption yet, and will make you constipated. Over ripe bananas are not good either. They have started to ferment, and are not fit for consumption.