

Fresh Banana-Mango Ice Cream



TIPS:

1. This very easy-to-make recipe shows how to use fresh mango, coconut flakes, raisins - and even rum-soaked raisins - to take banana ice cream from simple to exciting. As always, though the added ingredients you see here work terrifically well together, they are only suggestions and can be substituted or used

along with any ingredients you want to use to suit your taste and dietary needs. Imagination is your only limit!

2. How to Freeze Bananas - All you need are **ripe bananas** and a plastic bag.



Just peel the **bananas**, put them in a plastic bag, and put the bag in the freezer until the **bananas** are frozen solid.



Preparation Time: 15-20 minutes

Ingredients

4 Frozen Bananas

1 Room Temperature Ripe Banana

1 Ripe Fresh Mango

Coconut Flakes

Raisins

Rum-Soaked Raisins (optional)

Shake of Ground Cinnamon

Shot of Vanilla Extract



Equipment

Food Processor with an “S”-Shaped Processor Knife Blade

Spatula

Small Sharp (Paring) Knife

Cutting Board

Container with Top



1. Put the “S”-shaped knife blade onto the spindle in the food processor bowl, and make sure both the

bowl and blade are snugly seated in place on the processor base.

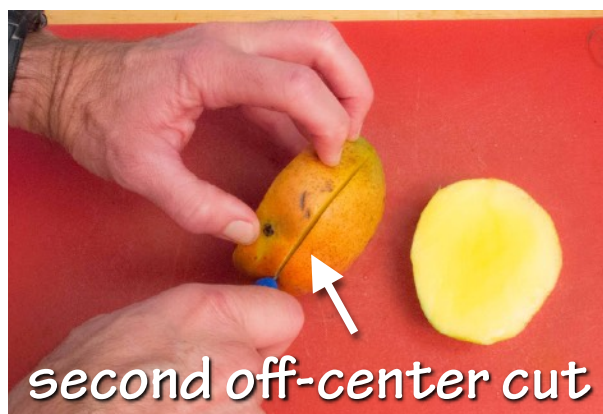


2. Break **4 frozen bananas** and **1 ripe room temperature banana** in half and put them in the food processor bowl.



3. Hold the **mango** to the cutting board with one its

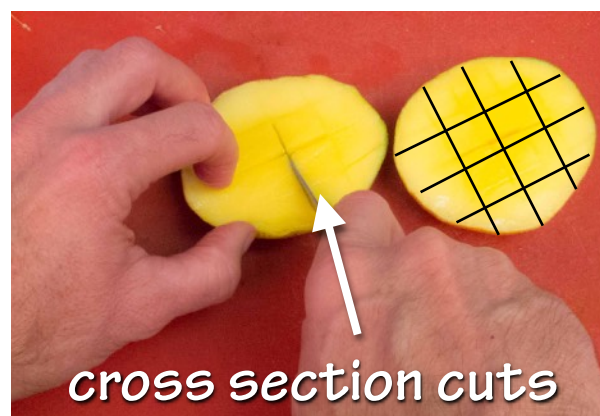
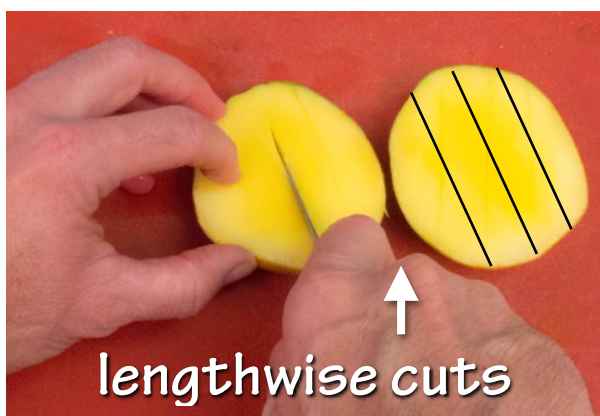
narrow sides up as shown in the left picture below and make a lengthwise cut about 1/4 inch (6 mm) off-center to cut around the side of the flat **mango seed**. Then turn the **mango** around on the cutting board and make a second lengthwise off-center cut.



Cut the **mango skin** off the **middle mango piece** containing the **seed**, and then carefully cut the **mango flesh** from the **mango seed** into the processor bowl.



Make lengthwise and then cross section cuts about 1/2 inch (12 mm) wide into the remaining 2 mango half pieces without cutting through the mango skin. The mango skin left intact will keep the cut mango pieces in place and make it easier to cut them free from the skin into the processor bowl in the next step.



Push up on the skin side of each mango half to splay out the cut mango pieces and then cut the mango pieces free as close to the mango skin as possible into the processor bowl.



4. Add a **good shake** (about 1 teaspoon) of **ground cinnamon** and a **good shot** (about 1 1/2 teaspoons) of **vanilla extract**.



5. Snap the food processor bowl top in place, turn on the processor, and...



...let the processor work until the **ingredients** become well mixed together about as shown below.



NOTE: If some of the **frozen bananas** clump up during processing as shown below, turn off the food processor, remove the top, use a spatula to break up the clumps, and then continue to process the **banana-mango ice cream** until what you have looks as shown in the photo above.



6. Loosen the processor blade in the processor bowl and scrape it clean with a spatula.



Then use a spatula to scoop the **banana-mango ice cream** into a container.



7. Add your choice or a combination of **raisins**, **coconut flakes**, and/or **rum-soaked raisins**.



Stir with a spatula until **all the added ingredients** are well mixed with the **banana-mango ice cream** as shown in the picture below right.



8. Seal the container, put the container in the freezer, and let the **banana-mango ice cream** freeze until it is firm.



NOTE: Make sure to start to clean the processor with water and dish detergent to prevent the **blended banana** from sticking to the processor parts.



9. When the **banana-mango ice cream** is firmly frozen, scoop it into a bowl and...enjoy!



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