

Strawberry Fields Forever Ice-cream



You can't buy happiness, but you can make ice-cream and they are kind of the same thing at the end of the day! A delicious, velvety ice-cream on a hot summer's day!

Ingredients

2 medium bananas, sliced and frozen

270 g can coconut cream

1 1/2 cups frozen strawberries

2 tbsp pure maple syrup

Method:

1. Add bananas and coconut cream to a blender.
2. Blend until smooth, scraping down the sides of the blender as needed.
3. Add strawberries and maple syrup.
4. Blend again until smooth, and well incorporated.
5. Pour into 1/3 cup capacity ice-block moulds and insert a stick in the end.
6. Freeze for at least 4 to 6 hours, or overnight.

7. Enjoy immediately!