

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Fig and Banana Ice Cream

INGREDIENTS:

2 or 3 frozen bananas (as much or as little banana as you prefer)

5 or 6 frozen figs

1/4 cup of your milk choice (almond, cashew, coconut or regular milk)



DIRECTIONS:

- ♥ Put bananas and figs into food processor and slowly add the milk while the machine is running until it reaches the desired consistency.

Note: This is a very loose recipe, if you have more bananas than figs, just use what you have on hand.

If you want a little crunch, add almonds to the mix; it is also delicious with chocolate chips.

Compliments of Eat Your Heart Out Edibles

eatyourheartoutedibles.com