



OCEAN ICE CREAM

Have a go at making this delicious banana ice cream with your grown up at home... don't forget to tweet us @appleofmyeyepl

Ingredients

4 ripe bananas, cut into chunks

3-4 tbsp milk plus one teaspoon of spirulina or a tiny dot of natural food colouring.

What to do:

- Pop the banana chunks on a flat tray and cover well.
- Freeze for at least 1 hr, or until frozen through.
- When ready to eat throw the banana into a food processor or jug blender and whizz until smooth with enough of the milk to achieve a creamy texture.
- Scoop into 4 bowls or glasses, then top with broken biscuits or nuts for rocks and sand effect.

