

Z's Ice Cream

Ingredients

100g fresh dates (stones taken out)
1 large ripe banana
4 large egg yolks
1 can coconut milk
100ml rice milk
teaspoon vanilla extract



Method

Chop up the dates and bananas and place in a pan. Add a few tablespoons of water and heat and stir for approx 5 minutes to release the natural sugars.

Put mixture in a food processor and blend to a paste.

Separate the eggs and whisk together.

Put coconut and rice milk into a pan and almost bring to a simmer, add the dates and bananas and vanilla extract, and stir well.

Take off the heat for a few minutes then slow slowly pour the milky mixture into the beaten eggs stirring all the time. Pour back into the pan stirring all the time.

Stir gently on a low heat for about 5 to 7 minutes to let the mixture thicken **DO NOT ALLOW TO BOIL**

Pour the mixture into a suitable freezer container with a lid. Let it cool a little then place in the freezer.

Leave for about 1.5 to 2 hours then take it out and place in a food processor for 30 seconds to a minute. Put back in the container and into the freezer and repeat once or twice depending how much time you have.

Remove from freezer 5 minutes before serving.

Tastes delicious with chopped cashew nuts sprinkled on the top

Enjoy.