

Banana Kefir Ice Cream

Equipment Needed:

Food processor or potato masher for mixing the bananas and kefir
Ice cream machine (or plastic bowl and whisk for low tech way)
Plastic scraper or round edge knife for scraping the sides
Plastic container and lid



To Make the Kefir Ice Cream:

3 overly ripe bananas (as black as possible).
1/2 cup kefir
1/8 tsp pure vanilla
Extra sugar* to taste (optional)

Peel the bananas and place in a food processor. Add the kefir and vanilla. Puree until smooth. Taste the mixture and add extra sugar if needed to meet your taste expectations. Place the mixture in the ice cream machine and churn until thick. Half way through, scrape the sides if there is any build up on sides. Once it is done, scrape the mixture into a plastic container. Put on a lid and place in the freezer. Let it freeze for at least 2 hours before scooping. Serve.

Low Tech Method: Instead of a food processor, place the ingredients in a bowl and mash with a potato masher until smooth. Instead of an ice cream machine, place the mixture in a bowl and place in the freezer for 30 minutes. Whisk thoroughly to add air. Continue to freeze for another 30 minutes and then whisk again. Let it freeze.

*Sugar options: Organic sugar (evaporated cane juice), maple syrup, sucanat, honey, coconut sweetener or palm sugar – all low glycemic.