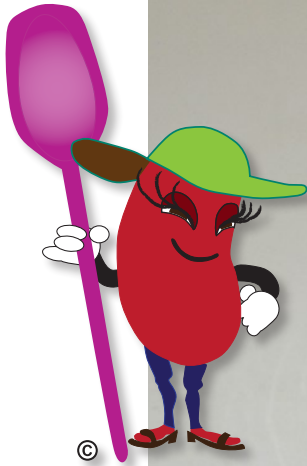# Cherry Banana Ice Dream

original recipe by **beansriceeverythingnice.weebly.com**

Cherry Banana Ice Dream:

makes 4-6 servings

3 large very ripe bananas, peeled and frozen

2 cups frozen pitted cherries, raw or cooked for 10 minutes before freezing

2 dates

zest of 1 lime

1-2 tablespoons lime juice (optional)

Put everything in a food processor and blend until smooth, stopping to occasionally break up the fruit and scrape down the sides, as needed. Garnish with a fresh cherry and a sprinkle of chocolate chips or ground almonds, if desired.

Tips for successful banana ice dream:

1. Use very ripe bananas. The bananas should be soft with lots of brown spots but not black. Peel, break into pieces, and freeze for at least 24 hours before making your ice dream.

2. Any other fruit you want to add should also be frozen for at least 24 hours.

3. I recommend using a good food processor or high-speed blender such as a VitaMix to blend the frozen fruit. If needed, add 1-2 Tablespoons of liquid—water, juice, non-dairy milk—to get the mix going. Whether you use a blender or food processor, stop the machine from time to time and break up any fruit that has frozen together into a lump and push it back down into the blades.

4. Don't process for too long. The heat created from the friction of the blades and the motor will start to defrost your fruit. This is good because the blending will get easier; but if you process for too long, your ice dream will quickly become soup. A few lumps of fruit are fine and delicious!

5. The ice dream is best served right away. Without gums or stabilizing agents, the ice dream will form ice crystals when refrozen for too long, changing the texture from smooth and creamy to something resembling a snow cone. However, you can put it in the freezer again for 30-60 minutes before serving to firm up a bit without affecting the texture too much. If you want to make it the day before serving or freeze any leftovers, re-process it to break up the ice crystals right before serving.