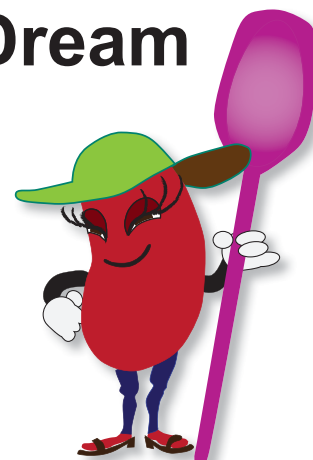


# Beans, Rice And Everything Nice



## Maple Walnut Banana Ice Dream



original recipe by  
[beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

- 3 medium-sized ripe bananas, peeled, sliced and frozen for at least 24 hours
- 1 teaspoon vanilla (extract, flavouring, or powder)
- 3 - 4 Tablespoons maple syrup
- 2 Tablespoons non-dairy milk (I used soy)
- 1/4 cup walnut pieces, about 6 walnuts (35 grams or 1 1/4 ounces)

1. Remove the frozen bananas from the freezer and let sit out on the counter to soften a bit while you prepare the walnuts.
2. Toast the walnut pieces on the stove-top in a dry pan over medium heat. They are done when slightly darker in colour and aromatic, about 3 - 5 minutes. The flavour will be more intense the longer you toast, but be careful not to burn them. Transfer to a small bowl, and set aside.
3. Add the bananas, vanilla, maple syrup, and non-dairy milk to the food processor. Process until smooth. You may need to stop the food processor a couple of times and break up any large lumps of frozen banana that form.
4. Once completely smooth, add the toasted walnuts and pulse a couple of times to evenly distribute the nuts.
5. You can serve the ice dream at this point. It will be very soft — like soft serve ice cream — or, for a firmer ice dream, put the full food processor bowl in the freezer for 30 - 60 minutes and then serve.