

Banana Ice Cream and Toasted Coconut Bites (Vegan, Gluten-Free, Nut-Free, Soy-Free)

This very COOL recipe is from The Left Over Queen, a wonderful website of food, pictures and recipes run by a food critic and writer. Though her recipes are not all this wonderfully dairy-free, they seem to have a healthy slant, with many delicious sounding options.

Jenn, The Left Over Queen - "This is a wonderful dessert that is perfect for the summer weather we have been experiencing! You know those bananas that are almost brown and all you can think to do with them is make banana bread? Well here is another "cool" alternative! The best thing about this "ice cream" is that it is 90% fresh banana which makes this an extremely healthy alternative to ice cream. Plus the bites themselves are so cute and inviting, that one or two is enough to satisfy you! I wish I could remember which blog I found the "ice cream" recipe on. If you recognize this recipe please give me a shout so I can give you credit!!! However, I was inspired to turn them into bite sized confections rolled in toasted coconut. I recommend drizzling some hot fudge on top or perhaps some melted peanut butter AND chocolate to really make it special! This is a great treat with none of the guilt and all the flavor!"

INGREDIENTS:

1 cup shredded, sweet coconut
4 very ripe large bananas
1 cup unsweetened coconut milk, chilled
2 Tbs superfine sugar
juice of ½ lime

METHOD:

Peel bananas and slice into ½ inch slices. Place them on parchment paper on a cookie sheet and freeze until solid, at least 1 hour.

Preheat oven to 375 degrees, place coconut on a cookie sheet and bake, tossing occasionally until golden or about 4 minutes. Watch closely to avoid burning. Set aside to cool.

Place frozen banana slices in a food processor and whirl until roughly chopped. Put the cookie sheet back in the freezer. Add coconut milk, sugar, lime juice and rum and process together, scraping down sides occasionally until it is the consistency of ice cream – about 1-2 minutes. As the bananas slightly thaw the mixture will become less granular.

Take tray out of freezer and scoop bite sized scoops of banana ice cream and place them on the cookie sheet and freeze for ½ hour.

Place toasted coconut into a bowl.

Remove banana ice cream balls from freezer (4 at a time) and roll them in the coconut. Placing them on another cookie sheet. Put ice cream balls back in the freezer for another ½ hour.

Serve!