



Banana Granita Sundaes

Instructions

Serves: 2

1. Remove bananas from freezer and defrost at room temperature for 3 minutes.
2. Transfer to a food processor and add all the main ingredients and process until smooth along with optional ingredients if desired.
3. To serve, scoop pureed bananas with a small ice cream scoop and add toppings of choice.

Adaptations:

Substitute bananas with fresh figs, berries, or other fruits. Various kinds of fruit have different liquid content. Using fruit with high liquid content may require more plant-based fat.

Cultural Adaptations:

Mexican flavors:

Add 1/3 cup unsweetened cocoa powder.
1 teaspoon of ancho Chile powder

South Asian Flavors:

Add 1 teaspoon of golden spice mix

East Asian Flavors:

Add 1 teaspoon of matcha powder and sprinkle with some chopped basil

Mediterranean Flavors:

Add 1/2 tablespoon of Tahini, some strands of saffron, sprinkle with sesame seeds and pistachios.

Ingredients

2 ripe medium bananas peeled, quartered and frozen

1 date if needed for sweetness

1 tablespoon flaxseed powder

1 teaspoon vanilla

1 teaspoon of cinnamon

4-5 teaspoons of unsweetened plant-based milk

Optional to make it creamy: Add 1/2 tablespoon of a nut butter like peanut butter/almond butter/tahini/sun butter

Toppings - Think of a sundae bar

Seeds: Sesame seeds/chia seeds/sunflower seeds/pumpkin seeds

Nuts: sliced almonds/walnuts/pistachios

Fruit: fresh/frozen blueberries/diced strawberries/pitted cherries/grapes

Fresh mint/basil