



# Cranberry Banana Ice-Cream

Visual Recipe  
by DAREBEE

 [darebee.com](http://darebee.com)

4 frozen bananas  
2 cup ~ 8oz ~ 240g frozen cranberries  
½ cup ~ 3oz ~ 100ml milk  
3 dates

**LEVEL UP!** Add 1 teaspoon of ginger and a pinch of saffron to the mix.

2 PORTIONS

1



2



3



## INSTRUCTIONS

1. Place half of the frozen bananas, half of the frozen cranberries and the dates into a food processor or a blender, add milk and blend.
2. Add the spices, if using, then add the rest of the fruit and blend until thick and smooth.
3. Transfer to a bowl.