

# Two-Ingredient Coconut Banana Soft-Serve

Recipe By *Jill Hillhouse and Lisa  
Cantkier*



Cooking and Prep:  3 h

Serves:  4

No Allergens

**Preference:** Parve

**Difficulty:** Easy

**Diet:** Vegetarian, Vegan,  
Paleo, Pescetarian, Gluten  
Free, Low Carb, No Refined  
Sugar, Salt Free

**Source:** The Paleo Diabetes  
Diet Solution

You won't be going back to commercial ice cream once you taste this! Plus, there's no added sugar, stabilizers or preservatives — just frozen real food. You'll need to plan ahead for this recipe, as it requires frozen ingredients.

## Ingredients (2)

### Main ingredients

- 14 ounces/400 milliliters **Gefen Coconut Milk** or other full-fat coconut milk
- 2 bananas

**Start Cooking**

## Prepare the Coconut Banana Soft-Serve

1. Shake the can of coconut milk to make sure it is emulsified and the milk is smooth, without any lumps. Open the can and pour half of the milk into ice cube trays. Freeze until solid. (Refrigerate the remaining coconut milk in an airtight glass container for another use.)
2. Peel bananas and cut crosswise into one-inch (two- and- a- half- centimeter) -thick slices. Arrange in a single layer on a baking sheet lined with waxed paper and freeze until solid.
3. Add coconut milk cubes and frozen banana slices to a blender and process to the consistency of soft-serve ice cream, stopping the blender to stir as needed for even blending. Serve immediately.

### About

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