

Caramel banana ice cream

When the days are hot, there is nothing quite like a lovely icy treat to eat and ice cream is popular at any time of the day!

Ingredients:

- 1½ cups Sugar
- ½ cup Water
- 3 Bananas
- 2½ cups Cream
- 1 tsp Vanilla essence



Directions:

1. Place sugar and water in a small pan and heat, stirring to dissolve sugar. Bring to the boil, then without stirring, boil until mixture turns a deep golden colour.
2. As the mixture starts to change colour to amber, remove from heat and carefully pour in 1 cup of cream. Stir to combine.
3. Place peeled bananas in a food processor and process until smooth.
4. Add remaining cream and vanilla, then pulse until well mixed.
5. Combine the caramel cream and the banana mixture, pour into a plastic container, cover tightly and freeze overnight or until firm.