

Raspberry nice cream with homemade granola



Serves 4 – 6

Ingredients

Granola

1 tablespoon coconut oil
A handful of coconut flakes
A handful of coconut chips
2 cups mixed nuts, roughly chopped.
(Walnuts, Brazil nuts, Pepitas, Chia seeds,
Sunflower seeds – equal portions)
Ground cinnamon to taste
Rice malt syrup (optional)

Nice cream

4 bananas, peeled, thickly sliced and frozen
250g frozen raspberries
¼ cup of coconut water or water
Fresh seasonal fruits

Method

Granola

1. Preheat oven to 120°C
2. Combine all ingredients, then spread evenly on the tray.
3. Bake for about 20–25 minutes until golden, turning halfway through the cooking time. The darker it is, the crunchier it will be.
4. Remove from the oven and allow to cool.

Nice cream

1. Blend the raspberries and bananas in a blender or food processor until thick and smooth. (You may need to add up to ¼ cup of water or coconut water to blend).
2. Transfer the nice cream to a bowl and top it up with granola and fresh fruits and it's ready to eat.

Note: You can store the Nice cream in the freezer. Store in an airtight container to prevent them from going brown.

Recipe provided by My Kitchen Rules 2015 Semi - Finalists Eva and Debra.

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