

Banana and Yogurt Ice-cream

Ingredients:

4 Bananas,
3 150g tubs of 0% fat yogurt,
100ml semi skimmed milk,
1 tspn vanilla extract,
1 heaped tspn honey,

Method

Blend all the ingredients in a food processor or blender, and then put in an ice cream maker.

Alternatively, if you don't have an ice cream maker, after blending all the ingredients, put the mixture into a Tupperware and freeze for an hour.

After an hour blend the mixture again to break up the ice crystals.

