

Less than 1 hour

Serves 10

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Ingredients:

Ice cream:

- 3 Tbsp (45ml) peanut butter
- 1 Tbsp (15ml) vanilla essence
- 8 bananas (about 1.7kg), sliced and frozen overnight

Biscuits:

- 2 cups (500ml) oats, toasted
- ½ cup (125ml) desiccated coconut
- 1 tsp (5ml) ground cinnamon
- 1 Tbsp (15ml) honey
- 1 Tbsp (15ml) peanut butter
- 1 egg white, whisked

- Caramel sauce, for serving (optional)

Method:

1. Combine peanut butter and vanilla essence. Set aside.
2. Blitz bananas in a food processor until creamy and pour into a freezer-safe container.
3. Swirl through peanut butter mixture and freeze for 30 minutes.
4. Preheat oven to 180°C.
5. Combine biscuit ingredients and shape into rounds.
6. Place on a lined baking tray and bake for 10-15 minutes or until golden.
7. Cool completely on a wire rack until crisp.
8. Scoop ice cream into balls and sandwich between 2 biscuits.
9. Serve with caramel sauce, if using.