

## Tofu Banana Ice-Cream

### Ingredients ..

- 1 block Organic Tofu
- 2 large Bananas
- 6 tablespoons Honey or Maple Syrup
- 6 tablespoons Orange Juice
- 1 handful chopped Cashews
- 1x20g bar Green & Black's Organic Chocolate, chopped

### Instructions ..

1. Drain Tofu. Gently squeeze out excess water with a kitchen towel.
2. Cut Tofu and bananas into thin slices.
3. Put in a blender with honey and orange juice. Blend until smooth.
4. Pour into a freezer container.
5. Mix in nuts / chocolate.
6. Freeze ice-cream for three hours and then serve.

Serves 4