

banana frozen yoghurt with papaya



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Ingredients:

- 3 medium ripe bananas
- 2 tbs lemon juice
- 1 kg tub Greek-style natural yoghurt
- 1/3 cup honey
- 1 large papaya, peeled, deseeded and sliced, to serve
- 2 tbs roughly chopped pistachio nuts, to serve

HEALTH BENEFITS:

Papaya

- One of the most nutritious fruits with a high content of vitamin C (200g would provide 3–4 day's supply) and beta carotene, which the body converts to vitamin A.
- A great way to get dietary fibre, which is needed to keep the intestine healthy.
- Rich in many antioxidants which help protect body tissues against some aspects of ageing.

Method:

1. Line a 26cm x 8cm loaf pan with plastic wrap. Set aside.
2. Place bananas and lemon juice in a food processor. Process until smooth. Place banana mixture into a large bowl.
3. Add honey and yoghurt to banana mixture. Using a metal spoon, stir until well combined. Pour mixture into prepared pan. Smooth top. Cover with plastic wrap and freeze for 6–7 hours or until just firm.
4. To serve, place papaya into serving bowls. Top with scoops of iced banana yoghurt, sprinkle with pistachio nuts and serve.

Serves: 8–10

Preparation: 20 minutes

Freezing time: 6–7 hours