

Banana & Mango Icecream Pie

Prepare the day ahead for freezing time

Ingredients:

1 Cup Almonds
1 Cup Dates
Frozen Bananas
Frozen Mangoes
Frozen grated Coconut

Method:

1. Mix equal quantities of almonds and dates (approx. 1 cup each) into a food processor and make enough for pie dish and make sure the mixture is sticky
2. Press mixture into a pie dish and put in freezer
3. Chop some bananas, mangos and place in freezer
4. The next day take fruit out of freezer and semi thaw, then mix together in a blender or processor with some shredded coconut (I use the frozen grated coconut in the indian shop)
5. Place mixture back into pie dish (with frozen nuts/dates as base)
6. When frozen, serve