



## Camel Milk Recipes: Banana Milk Ice Cream

This homemade banana milk ice cream is even better than the real McCoy.

We've all found a favorite food conveniently pre-made at your local supermarket and you just can't get enough of it. In a bid to create a healthy, homemade alternative, you mock up a me-too equivalent.

The best part - there's no refined sugars, additives, or gelling agents. Just real, wholesome foods ready to nourish your body.

[Print This Recipe](#)

[Tweet](#)

[Share](#)

[Pin](#)

[+1](#)

[Share](#)

0 Shares

## Camel Milk & Banana Ice Cream Recipe



Serves 3-4



Prep 5 mins



Cook 5 mins

---

## Ingredients

- 3 ripe bananas chopped and frozen overnight
  
- 1/4 cup [raw camel milk](#)
  
- 3 tablespoons almond nut butter (you could substitute this for peanut butter)
  
- 1/4 tsp pure vanilla extract

## Instructions

The riper your bananas, the more flavorsome the ice cream. Have some ripe bananas but not yet ready to make this ice cream? Chop them into bite-sized chunks and place in the freezer until you are.

Take your frozen banana chunks, ensuring they've broken apart from one another, and place them in a large blender.

Add your camel milk, almond nut butter, and vanilla extract. If you don't have almond nut butter, you can make your own by blending a handful of almonds, or you can substitute for peanut butter. If you want to make refined sugar-free ice cream, keep a keen eye on the ingredients list of your chosen nut butter.

Blend all your ingredients together at high speed.

Serve straight to the bowl for a soft scoop or freeze for later use.

## Courses Dessert

Ingredient Spotlight: The combination of camel milk and almond nut butter provide a bone-healthy portion of calcium in our ice cream.

Camel milk and almond nut butter complement each other with both poly and monounsaturated fats to help keep your heart healthy. Adding in 3 tablespoons of almond nut butter to our banana milk ice cream not only creates a delicious nutty flavor, but it helps you feel satisfied, longer.

Nutritional Extras: Vegetarian, free from refined sugars, low in saturated fats, high in calcium.