

HAPPY BUG'S BANGIN' BANANA ICE CREAM

Feed your Happy Bug home-made banana ice-cream and put a big smile on her face.
And yours!

Chop up a banana, pop into a Tupperware box and freeze.

When frozen, tip into a blender along with a splash of milk and a tbsp of peanut butter (optional).

Blend, adding milk if necessary, to achieve a creamy texture.

For toppings, add more fruit such as blueberries or raspberries.

Serve immediately.

