



coconut & banana frozen yoghurt

Rich, Luxurious with a perfect textural contrast between silky smooth and crunchy. My coconut and banana frozen yoghurt is perfect sweet healthy indulgent snack.

Ingredients

1 small banana	400 ml of vanilla yogurt
3/4 cup of dessicated coconut	3 tablespoons of honey
3/4 cup of coconut cream	1/2 a teaspoon of cinnamon
Salted caramel (refer to blog for recipe)	Pumpkin seeds
Poppy seeds	

Method

Peel your banana and slice it into your bowl. Mash it up with a fork and add your cinnamon and mix it all in. Set aside.

Combine your coconut cream with your desiccated coconut and mix it all up until totally distributed. Then, add both the banana mixture and coconut mixture into the bowl containing your vanilla yoghurt and mix it all in.

Allow to set in the freezer and once solidified to the degree of your liking, serve and garnish with your nuts and very delicious homemade salted caramel.



SERVE WITH: on it's own

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/salted-caramel-banana-milkshake/>