



Serves 4 (each serving = equivalent to 1 meal)

INGREDIENTS:

½ cup canned coconut milk

¼ cup unsweetened flaked coconut

2 TBSP maple syrup

½ tsp vanilla

2 frozen bananas

METHOD:

1. **COMBINE** all the ingredients in a blender and blend until thick and creamy.
2. **TRANSFER** to a loaf pan and freeze at least 4 hours.