

From the Kitchens' of



## *Banana Surprise Sherbet*

**Yields 4 servings**

**Cooking Time 15 mins + 6 hrs. freezing**

### **Ingredients**

3 Medium size ripe peeled bananas	1/3 cup firmly packed dark brown sugar
2 Tbsp fresh squeezed lime juice	1/2 cup coarsely chopped toasted almonds
1/2 cup plain soy yogurt	2 Tbsp dark Rum
1/8 tsp finely grated nutmeg	

### **Directions**

Place bananas, yogurt, brown sugar, rum, lime juice, and nutmeg in food processor and churn for 1 minute or until pureed. Spoon into 8" x 8" pan, cover with plastic wrap and place in freezer.

**(see reverse)**

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## *Banana Surprise Sherbet* **continued**

In 2 to 3 hours, when firm around edges and almost firm in middle, remove.

Return to food processor and churn 10 seconds, until fluffy. Return to pan, fold in almonds and freeze until firm. A rich and creamy delight!