

Neapolitan Banana Ice Cream

Ingredients:

<i>Vanilla Banana Ice Cream:</i> 3 large ripe bananas, peeled 1 teaspoon pure vanilla extract	Total Time: 12 hr 45 min
<i>Chocolate Banana Ice Cream:</i> 3 large ripe bananas, peeled 3 tablespoons Dutch-processed cocoa powder 1 tablespoon virgin coconut oil	Prep: 45 min
<i>Strawberry Banana Ice Cream:</i> 2 large ripe bananas, peeled 1 cup frozen strawberries	Inactive: 12 hr
	Yield: about 4 1/2 cups

Directions:

For the vanilla banana ice cream: Cut each banana into 6 chunks and freeze until rock solid, preferably overnight.

Put the banana chunks and vanilla bean seeds in a food processor and process. Hang on, your food processor may jolt in the very beginning! The bananas will look crumbly at first, then gooey and eventually light and creamy- just like ice cream. Stop the food processor frequently to scrape down the sides of the bowl and break up any clumps. Transfer to a bowl and put in the freezer.

For the chocolate banana ice cream: Cut each banana into 6 chunks and freeze until rock solid, preferably overnight.

Put the banana chunks, cocoa powder and coconut oil in a food processor and process. Stop the food processor frequently to scrape down the sides of the bowl and break up any clumps. Transfer to a bowl and put in the freezer.

For the strawberry banana ice cream: Cut each banana into 6 chunks and freeze until rock solid, preferably overnight.

Put the banana chunks and strawberries in a food processor and process. Stop the food processor frequently to scrape down the sides of the bowl and break up any clumps.

To assemble the Neapolitan banana ice cream: Scrape the vanilla-banana ice cream into 1 end of an 8-by-5-inch loaf pan so it fills about 1/3 of the length of the pan. Use a rubber spatula to push it back a bit if you need to before adding the chocolate-banana ice cream next to it, filling the middle third of the pan (it's ok if they run together a bit). Scrape the strawberry-banana ice cream into the other end of the pan. Serve right away or freeze until ready to serve. To serve, run an ice cream scoop down the loaf pan to make 3-flavored scoops.