



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Banana Blueberry and Bean Ice Cream

Ingredients

- 2 cups heavy cream
- 2 cups blueberries, frozen
- 2 very ripe bananas
- 1 cup navy beans, cooked and rinsed
- 1-14oz can sweetened condensed milk

Directions

In a food processor or blender, combine the bananas, beans, and one cup heavy cream. Blend until smooth. Set aside.

Pour the remaining heavy cream into the bowl of an electric mixer and whip at medium speed until soft ribbons begin to form. Add in the sweetened condensed milk and the navy bean mixture. Whip again until just combined. Fold in the frozen blueberries. Pour the mixture into a freezer safe container and freeze at least four hours to overnight.