

# Spinach Ice Cream

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*This dish isn't strictly ice cream - nor is it strictly spinach flavoured. It's actually a mint chocolate chip slushie, frozen and then re-blended to make a delicious, creamy dessert that is a very healthy version of mint-choc chip ice cream. Plus, you'll be tricking your kids into eating spinach!*

## Ingredients:

1 large ripe frozen banana  
50ml milk  
50g fresh spinach  
25g caster sugar or artificial sweetener, adjust this to taste  
1/2 tsp. pure peppermint extract  
Pinch salt  
50g dark chocolate chips

## Directions:

1. Blend all ingredients, aside from the chocolate in a blender until smooth. Fold in the chocolate chips.
2. Put the mixture into a freezer-proof container, cover with a lid then freeze for an hour or so.
3. Blend again before serving to make the ice cream a little creamier.

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