

relax

A matcha made in heaven

The two-ingredient matcha soft serve your lazy sweet tooth deserves

WORDS: HANNAH CHUBB
PHOTOGRAPHY: MASSIMO
GAMMACURTA



We know, it does sound too good to be true. But it is true, and we're just going to accept that as a little miracle. Another one? The fact that this deliciously smooth soft serve ice cream takes only five minutes to make. Think of all the things you can do with that extra time (*cough, scroll TikTok, cough*).

Remember those bananas you put in your freezer weeks ago to make banana bread? Ha – nice idea! As if we have time for that when we're not all locked in our homes any more.

Here's a much faster and tastier way to use them: break out your blender and churn up a batch of this stuff, courtesy of registered dietitian nutritionist Patricia Bannan. It's a matcha frappuccino lover's thick-and-creamy dream come true. Perhaps the best part? We're totally counting this as one of our five a day.

Green tea soft serve

SERVES 2

- 3 large ripe bananas, peeled and sliced into 2.5cm pieces and frozen
- 1 tbsp culinary matcha green tea powder

1. Remove the sliced frozen bananas from the freezer and let stand for 3 minutes to thaw slightly.
2. Place the bananas and matcha powder (feel free to sprinkle in a lil more if you like it strong!) in a blender and process until the texture resembles soft-serve ice cream. Scrape down the sides of the blender as needed.
3. Serve immediately or place in the freezer for 10 minutes to firm up slightly. (Leftovers will keep well in the freezer for up to a month – just reblend to get that smoooooth texture.)

PRO TIP

If you want to make things chocolaty, pulse or stir in a spoonful or two of cacao nibs. Yes, this will mean you actually need three ingredients. Yes, it's still worth it.



ADAPTED FROM *FROM BURNOUT TO BALANCE: 60+ HEALING RECIPES & SIMPLE STRATEGIES TO BOOST MOOD, IMMUNITY, FOCUS & SLEEP*, COPYRIGHT © 2022 BY PATRICIA BANNAN. RECIPE USED BY PERMISSION OF RODALE BOOKS, AN IMPRINT OF RANDOM HOUSE, A DIVISION OF PENGUIN RANDOM HOUSE, LLC, NEW YORK. ALL RIGHTS RESERVED.