# Banana Nut butter frozen fudge

## Ingredients

1 large banana (fresh banana, or partially defrosted from frozen)

½ cup nut butter (you can use any, even tahini)

1 tabelspoon olive oil (again use any, but strong flavours like extra virgin may change the taste)

1 teaspoon vanilla essence (or almond essence)

Optional: You could sprinkle with desiccated coconut, decorate each piece with an almond or peanut, add chia seeds or any seeds or chocolate into the mixture!

## Directions

1) In a food processor blend all ingredients until well combined

2) Line a small rectangular plastic dish with baking paper. Transfer fudge mixture into dish and spread evenly.

3) Place in freezer for at least 2 hours. To serve, remove and cut into slices. They can be a tad hard to begin with, they go soft within a minute or so (very quick defrost so only take out as many as you'd like to eat)

4) Enjoy! and let us know your feedback! 😋😋