

bites

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



The Two-Ingredient Matcha Soft Serve Your Lazy Sweet Tooth Deserves

For when the McDonald's machine is broken...and for literally every other time.

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PHOTOGRAPHS BY MASSIMO GAMMACURTA

Remember those bananas you put in your freezer weeks ago? To “make” “banana” “bread”? Ha. 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? You won't even have to pop a Lactaid.

Green Tea Soft Serve

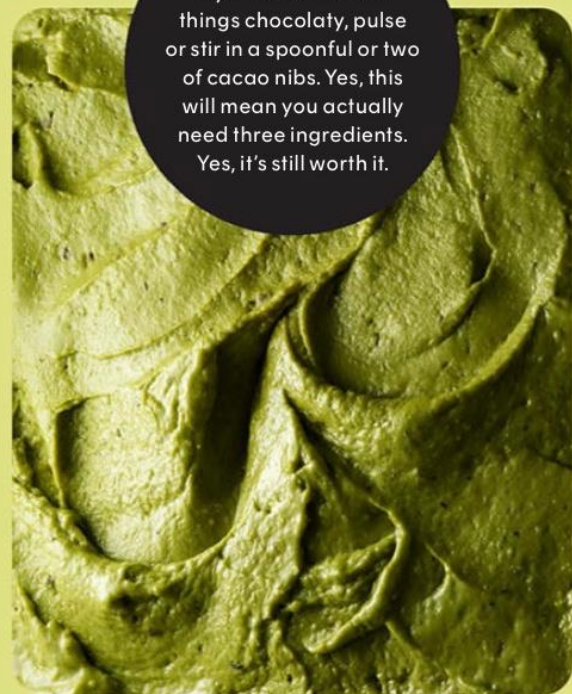
SERVES 2

- 3 large ripe peeled bananas, sliced into 1-inch pieces and frozen
- 1 tablespoon 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 to firm up slightly for 10 minutes. (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.



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