

# Banana Sherbet

*Swick*

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

## Making the banana sherbet

In the bowl of a food processor, combine the frozen and the fresh banana, mint leaves, sour cream and honey. Process until the mixture becomes a smooth puree. If the mixture is firm enough, you can serve it immediately; if it is a little soft or if you prefer a firmer texture, return it to the freezer.

## Step 1: Making the banana sherbet

- 2 bananas, peeled, sliced and frozen
- 1 banana, peeled and cut into pieces
- Mint leaves, cut into chiffonade
- 2 tablespoons sour cream
- 3 tablespoons honey

## Step 2: Serving

- Peach preserves, for garnish
- Mint sprigs, for garnish

To serve, spoon the sherbet into a serving dish and drizzle with the peach preserves. Garnish with a mint sprig and serve immediately.