
Granola Ice Cream Squares

Cook Time: 10 min
Granola Crust

prep Time: 20 min

total Time: 30 min

servings: 16

1 1/2 cups (160g) rolled oats

1/4 cup (45g) dry dates, chopped small

1/4 cup (40g) pumpkin seeds (or more oats)

3 tablespoons coconut oil or butter, melted and divided

1/4 cup + 1 tablespoon honey (100g) or maple syrup (80g)

1/8 teaspoon salt

Nice Cream

2 frozen (180-200g) bananas, chopped

1/3 cup (80g) soft pitted dates

3/4 cup (180ml) coconut cream

2 tablespoons almond butter

1 teaspoon vanilla extract

1/8 teaspoon salt

Instructions:

1. To make the crust: Pre-heat the oven to 350F or 160C. Mix the oats, dates, seeds with 1 1/2 tablespoons of coconut oil or melted butter. Then spread on a baking sheet and bake for 10 minutes, stirring half way through, just until the oats are toasted. Transfer to a medium bowl. Meanwhile, warm up the remaining oil/butter with the honey and salt just until it starts to gently boil, then pour over the toasted oats and stir to mix.
2. Line 2 equal sized deep baking pans, about 8 by 8 inches, with parchment paper. Add half (about 175g) of the oats mixture to each pan, spreading it flat and as evenly as possible, to make a thin layer. Place both in the freezer while you make the ice cream layer. If you don't have two pans, make one layer, freeze it for about 15 mins, then remove and keep it in the freezer still on the parchment paper, and repeat with the rest of the oats to make the second layer.
3. To make the nice cream: Place the chopped frozen bananas and soft dates in a food processor and pulse 10 times until finely ground but not yet smooth. Add the rest of the ingredients and let it run until smooth and creamy.
4. To assemble: Remove one of the granola crusts from the freezer. Pour the nice cream on top of the crust then place it back in the freezer for about 15 mins. You want the nice cream to become a little firm but not freeze. After 15 mins, take the pan out and top it carefully with the other granola layer (remove the parchment!). Place it back in the freezer for at least 6 hours or overnight. Once it's completely frozen, slice into squares, and enjoy. Make sure to return leftovers to the freezer before they start to melt.
5. Stored in the freezer in an airtight container, they will last for a long time! But I'm sure they will be gone in a short time.