

Whey shake with banana ice cream





Ingredients for ice cream:

- 200 g (7 oz) Greek yogurt ([see recipe](#)) or mascarpone ([see recipe](#))
- 1 banana
- vanilla essence

Preparation steps for the ice cream

Put the mascarpone or Greek yogurt into the freezing moulds and freeze them. Cut the banana into pieces and freeze them on a baking sheet. Put all the frozen ingredients into food processor and grind until smooth and creamy. You can use the ice cream right away or freeze it for later.

Ingredients for the whey shake:

- 300 ml (10 oz) whey
- 1-2 scoops of ice cream
- 1 banana (or other fruit)
- 100 g (3,5 oz) Greek yogurt
- figs

Whey shake preparation steps

Put all the ingredients except figs to the food processor and blend until the consistency is right. If it sticks to the side pause blending and use the spoon to mix it. Cut the figs to thin round slices and press them against the big glass jar. This will achieve a beautiful look of your shake that everyone will admire. Pour in the whey shake carefully and serve immediately.

See more recipes with kefir cheese [here](#).

Products used to prepare this recipe:



Kefir Fermenter

[Buy on Kefirko.com](http://Kefirko.com)



Cheese Maker

[Buy on Kefirko.com](https://www.kefirko.com)



Mandoline Slicer

[Buy on Kefirko.com](http://Kefirko.com)