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You'll go bananas for these delish recipes that embrace the versatility of this much-loved fruit

Mashed up for bubs, whizzed into a smoothie for brekkie, or eaten on the run – whichever way you eat yours, there's no denying that bananas tick all the boxes. Add some new recipes to your list of family favourites with these simple and delicious treats that will add a sweet but healthy kick to your next feast.

Adult's banana ice cream

Ready in 20 minutes plus 4 hours' (or overnight) freezing time | Serves 8

350g ripe Dole bananas
Juice ½ lemon (about 2 Tbsp)
300ml cream
100ml sugar syrup (see 'sweet ideas', right)
¼ cup white rum (Bacardi or Malibu)
TO SERVE
Coconut waffle cones and fresh passionfruit

1 Peel the bananas, place in a bowl with lemon juice and mash well.

2 Pour cream into a separate large mixing bowl and whip until quite thick.

3 Add mashed bananas, sugar syrup and white rum, and continue to whip until thick. Pour into a large container and freeze for 2 hours.

4 Remove from the freezer and stir well with a spatula then freeze for another 2 hours or overnight.

5 Allow the ice cream to sit at room temperature for at least 10 minutes before serving. Warm a scoop in hot water then use it to roll ice cream into balls and serve in cones topped with a little fresh passionfruit.

Sweet ideas

> This homemade banana ice cream will keep well for about 2 weeks in the freezer in a sealed container.
> To make sugar syrup: pour ½ cup boiling water over ½ cup sugar and stir until dissolved.

Healthy banana, coconut & chocolate loaf

Ready in 1 hour | Serves 8

2 medium (or 3 small) ripe Dole bananas
115g butter
½ cup sugar
1 egg
1 tsp vanilla extract
1¼ cups flour
1 tsp baking powder
½ tsp baking soda
⅓ cup yoghurt (plain or a mild fruit flavour)
¼ cup sliced almonds
¼ cup thread coconut
75g dark chocolate, chopped (we used one with 50 percent cacao)

1 Preheat oven to 180°C and grease a 22cm x 12cm loaf tin.

2 Mash bananas well with a fork.

3 In a large bowl, cream the butter and sugar until light and fluffy. Beat in the egg then beat in the banana and vanilla.

RECIPES Tracey Sunderland. STYLING AND PHOTOGRAPHY Vanessa Lewis.

COLD BLAST

Keep leftover bananas in the freezer to add to your smoothies. Make sure to peel them first and store in a container.

4 Sift together the flour and baking powder. Stir the baking soda into the yoghurt. Fold the dry ingredients into the banana mixture, alternating with the yoghurt mixture. Combine well.

5 Spoon half the mixture into the greased loaf tin. Sprinkle half the almonds, coconut and chocolate evenly over the top. Spoon on the rest of the banana mixture and sprinkle with the remaining almonds, coconut and chocolate. Pat down gently to level the mixture in the tin.

6 Bake for 40-45 minutes or until the top cracks slightly and the loaf bounces back when touched.

Cook and keep

> If the top turns golden after 20 minutes in the oven, place a piece of baking paper on top to stop it getting too dark.
> Store the loaf in an airtight container. It will keep well for 2-3 days.

Almond-crumbed chicken with banana chilli salsa

Ready in 30 minutes | Serves 4

2 large ripe Dole bananas
Juice ½ lemon (2 Tbsp)
½ cup coriander leaves, roughly chopped
1 spring onion, finely sliced
1 heaped Tbsp finely diced red chilli, seeds removed first
CRUMBED CHICKEN
500-600g chicken breast
¼ cup flour
1 egg
150g sliced almonds
1-2 Tbsp breadcrumbs
1 Tbsp butter
1-2 Tbsp extra virgin olive oil

1 Cut the bananas in half then cut each piece in half lengthwise and then into rough dice. Place in a bowl, add lemon juice and toss to coat. Add chopped coriander, sliced spring onion and diced chilli. Stir to combine. Place in the fridge to chill until needed.

2 To cut chicken breast, place on a board, place one hand on top of breast and slice horizontally in half. The chicken pieces need to be thin so they can cook quickly; you may also need to cut it into smaller pieces. Season with a little salt and pepper and dust pieces all over with the flour.

3 Crack the egg into a small dish and whisk with a pinch of salt. Tip almonds and breadcrumbs into another dish. Crumb chicken pieces by dipping into the egg and then into the almond and crumb mixture. Set aside on a plate.

4 Heat a pan to medium-high and add butter and oil. Fry chicken for 2 minutes, flip and cook for a further 1-2 minutes until firm and cooked through. Serve immediately, topped with banana salsa, along with a side of colourful veges.

Tip

> This banana salsa is best served fresh or shortly after making. •