



Makes 4 servings
Preparation Time: 30 minutes
Cook Time: 3 hours

INGREDIENTS:

2 medium bananas, thickly sliced

2 10- to 12-oz. packages frozen ripe jackfruit (see tip, recipe intro)

3 tablespoons pure maple syrup

1 teaspoon pure vanilla extract

½ cup orange juice

1 tablespoon cornstarch

¼ teaspoon ground ginger

⅛ teaspoon ground nutmeg

1 teaspoon lemon zest

¼ cup chopped, toasted macadamia nuts (optional)

Dairy-Free Jackfruit Ice Cream

The mild, sweet flavor of ripe (not green) **jackfruit** blends with creamy frozen bananas to create a decadent **vegan ice cream** with a tropical flavor. This **fruit-forward dessert** uses two bags of frozen jackfruit—one for the ice cream and the other for the saucy citrus-infused compote drizzled over the top. Garnish with toasted macadamia nuts (optional) for a refreshing icy treat to wow any crowd.

Tip: If you can't find frozen ripe jackfruit, substitute 4 cups of fresh ripe jackfruit pods, seeded and chopped. Freeze half of the chopped jackfruit with the bananas in Step 1 and puree it with the bananas in Step 2. Use the remaining chopped jackfruit for compote in Step 3.

For more inspiration, check out these tasty ideas:

- [Banana Nice Cream with Easy Peach Compote](#)
- [Caramelized Pineapple Nice Cream](#)
- [Strawberry-Lemonade Nice Cream](#)
- Or, check out our full round-up [vegan nice cream recipes](#)

By Laura Marzen, RD, LD

- 1 Line a large baking sheet with parchment paper. Spread banana slices in an even layer on prepared baking sheet. Freeze at least 2 hours or until completely frozen.
- 2 In a food processor combine frozen bananas, one package of frozen jackfruit, 1 tablespoon of the maple syrup, and ½ teaspoon of the vanilla. Cover and process until smooth and creamy, stopping processor a few times to scrape down sides. Serve immediately for soft-serve. For a firmer nice cream, transfer mixture to an airtight freezer-safe container; freeze 1 to 2 hours.
- 3 For compote, in a medium saucepan whisk together the remaining 2 tablespoons maple syrup, the orange juice, cornstarch, ginger, and nutmeg. Stir in the remaining jackfruit and ½ cup water. Cook and stir over medium just until thickened and bubbly; reduce heat. Cook and stir 2 minutes more. Remove from heat. Stir in lemon zest and the remaining ½ teaspoon vanilla.
- 4 Cover and let stand 20 minutes to serve warm. Or transfer to a storage container; cover and chill at least 2 hours.
- 5 Serve ice cream topped with compote. If you like, sprinkle with nuts.
- 6 Store ice cream in an airtight container in the freezer for up to 1 month. Store compote in an airtight container in the refrigerator for up to 5 days.