



## Banana Ice Cream

Tip: It's easiest to peel the bananas before freezing and place in a sealed, airtight bag.

To make the ice cream chocolate you can add 2 Tbsp. of cocoa powder

### U.S.

4 each

Banana, frozen, overripe

### Metric

4 each

### **Preparation:**

1. Gather all ingredients and equipment.
2. Remove bananas from freezer and allow them to sit at room temperature for 5-7 minutes.
3. Place bananas in blender.
4. Blend until smooth and creamy. It takes a while, just keep blending!
5. Enjoy immediately.

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## Nutrition Facts

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4 Servings

**Serving size**                    **1 banana (~1/3 cup)**

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**Amount per serving**

**Calories**                            **110**

Calories from Fat                    0

**Total Fat**                            0 g

    Saturated Fat                    0 g

    Trans Fat                            0 g

    Monounsaturated Fat            0 g

**Cholesterol**                        0 mg

**Sodium**                                0 mg

**Total Carbohydrate**            30 g

    Dietary Fiber                    3 g

    Total Sugars                    19 g

        Includes 0 g Added Sugars

**Protein**                                0 g

Vitamin D                            0 %

Calcium                                0 %

Iron                                      0 %

Potassium                            450 mg

Phosphorus                          0 mg

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