**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.

**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.

**U.S.**

| 4 each | Banana, frozen, overripe |

**Metric**

| 4 each |  |
### Nutrition Facts

| 4 Servings | 1 banana (~1/3 cup) |

#### Amount per serving

**Calories**

- Calories from Fat: 0
- **Total Fat**
  - 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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