



Banana Ice Cream

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

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.

*Chef's Note: Add 1/2 tsp of cocoa powder, cinnamon, or peanut butter to create different flavors.

Nutrition Facts

4 Servings

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

Amount per serving

Calories **110**

Calories from Fat 0

Total Fat 0 q

 Saturated Fat 0 q

 Trans Fat 0 q

 Monounsaturated Fat 0 q

Cholesterol 0 mg

Sodium 0 mg

Total Carbohydrate 30 q

 Dietary Fiber 4 q

 Total Sugars 21 q

 Includes 0 g Added Sugars

Protein 1 q

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 450 mg

Phosphorus 0 mg
