

Easiest Banana Ice Cream

Rating: ★★☆☆

Makes: 3 Servings

Ingredients

- 2 1/2 bananas (can use 2-3 bananas)
- 3 tablespoons milk
- chocolate syrup (optional)

Directions

1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and tasted like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).

Alabama Cooperative Extension System.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	94	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	23 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	8 mg	0%

MyPlate Food Groups

Fruits	3/4 cup
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