



Banana Ice Cream (Large Font)

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.

Nutrition Facts

Serving size **1 banana (~ 1/3 cup)**
Servings **4**

Calories 110
Calories from Fat 0

Total Fat 0 g
Saturated Fat 0 g
Trans Fat 0 g
Monounsaturated 0 g
Cholesterol 0 mg
Sodium 0 mg
Carbohydrates 30 g
Dietary Fiber 3 g
Sugars 19 g
Protein 1 g

Vitamin A 0 %
Calcium 0 %
Vitamin C 0 %
Iron 0 %
Phosphorus 20 mg
