



Easiest Banana Ice Cream

Makes: 3 Servings

What should you do with over-ripe bananas? Don't toss them! Freeze them and then throw them in the blender to make this delicious and creamy frozen dessert.

Ingredients

- 2 1/2 bananas (can use 2-3 bananas)
- 3 tablespoon 1% 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).

Notes

Learn more about:

- Bananas

Source: Alabama Cooperative Extension System.

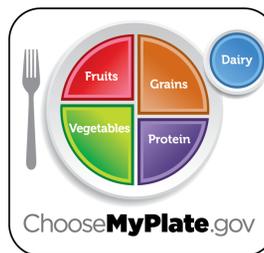
Nutrition Information

Serving Size: 1/3 of recipe

Nutrients	Amount
Calories	94
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	8 mg
Total Carbohydrate	23 g
Dietary Fiber	3 g
Total Sugars	13 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	24 mg
Iron	0 mg
Potassium	375 mg

N/A - data is not available

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■ Fruits 3/4 cups