

Banana “Ice Cream” Recipe

Makes 4 servings

What you will need: Cutting board, knife, plate, spoon, and blender.

Amount	Ingredient	Preparation
6 each	Banana*	Peeled, Sliced
1 tablespoon (as needed)	Milk*	None

Directions:

1. Peel the bananas then slice them thick.
2. Lay them on a plate and freeze until solid, around 2 hours.
3. Use a blender or food processor and add in the frozen bananas, then blend.
 - This may take time. If the bananas spin around and stay icy stop the machine and use a spoon to loosen the mixture.
 - Eventually, the bananas will turn creamy like soft-serve ice cream. If not, add milk then keep blending and repeat until creamy.
4. Serve and enjoy right away!

Add other flavors

Blend ingredients like:

- 2 tablespoons peanut butter
- 4 tablespoons cocoa powder
- 2 teaspoons vanilla
- 1 teaspoon cinnamon

Top it off with:

- Crushed or sliced peanuts, cashews, almonds, or other nuts
- Other fruits like blueberries, pineapple, or peaches

Simple tips

*Buy bananas frozen and already sliced, or prepare them the night before.

*Milk can be any type dairy (from cow) or non-dairy (soy, oat, or almond).

Source: <https://www.chopchopfamily.org/recipe/one-ingredient-banana-ice-cream/>