

Easiest Banana Ice Cream

From USDA's SNAP-Ed Connection recipe finder

<http://recipefinder.nal.usda.gov/recipes/easiest-banana-ice-cream>

Ingredients

- 2 ½ bananas (can use 2-3 bananas)
- 3 tablespoons milk
- Chocolate syrup (optional)

Instructions

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).

Makes 3 servings

Nutrition information per serving

Calories: 90

Total fat: 0 g

Cholesterol: 0 mg

Sodium: 10 mg

Total Carbohydrate: 23 g

Dietary fiber: 3 g

Sugars: 13 g

Protein: 2 g