

# **Banana Ice Cream**

Makes 1 serving

This is the perfect use for “too ripe” bananas!

## **Ingredients**

1 frozen banana, medium-sized

1 tsp milk or unsweetened almond or coconut milk (only IF needed)

Optional add-ins: cocoa powder, peanut butter, almond butter, frozen berries, cinnamon, etc

## **Directions**

1. Either slice the banana before freezing or slice it when you pull it out of the freezer.
2. Toss the frozen banana slices into a blender or food processor. Blend until smooth and creamy (about 45 seconds depending on your blender/food processor). You will have to scrape down the side of the food processor a few times to get all the little pieces of frozen banana pureed.
3. If needed, add a teaspoon of milk to get the right consistency. This isn't always necessary but you also don't want to blend too long or you risk melting the banana ice cream.
4. This is amazingly delicious on its own but you can easily mix in flavors like cocoa powder, peanut butter, almond butter, frozen berries, cinnamon, etc if you desire. Get creative!
5. Enjoy right away for best results.

**Nutrition Information per Serving** (without optional add-ins): Calories 105, Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 27mg, Carbohydrates 27g, Fiber 3g, Protein 1.3g