

# Banana “Ice Cream”

**Prep time: 10 min**  
**Makes 3 cups**



## INGREDIENTS

- 3 ripe bananas
- ½ Tablespoon milk (only if you need it)

To vary the flavor of your ice cream, try adding any of the following:

- 2 tablespoons cocoa powder
- 1 teaspoon vanilla
- ½ teaspoon ground cinnamon

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Peel the bananas and slice them thickly. Lay them on a plate and freeze until solid, around 2 hours.
2. Put the bananas in the blender or food processor and turn it on to blend them. At first they will want to spin around and stay icy, but keep at it, stopping the blender and using the wooden spoon to loosen the mixture if it stops moving.
3. At some point, the bananas will suddenly go creamy and custardy, like soft-serve ice cream. If they do not, add a little milk and blend until they do.



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