



Banana Ice Cream

SERVINGS: 1

EST. COST: \$2.05

COST PER SERVING: \$2.05

Ingredients

- 1 ½ frozen bananas
- ¼ cup unsweetened plain almond milk (other non-dairy milk)

Optional:

- Cacao powder
- Vanilla extract
- Nut butter
- Cacao nibs
- Fruit
- Graham crackers
- Coconut Flakes
- Dark Chocolate chips

Directions

1. In a blender, combine banana and milk.
 2. Add any desired options, and blend until creamy and smooth. Add more milk for the desired level of creaminess.
 3. Serve in a bowl and garnish with your favorite toppings.
- Enjoy!

Equipment

Large mixing bowl, tongs/fork/spoon, cutting board, knife, food processor/blender, zip lock bag (optional) / freezer -friendly container with lid



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Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	129 kcal	6 %
Total Fat	0.6 g	1 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	43.2 mg	2 %
Total Carbohydrate	23.8 g	8 %
Dietary Fiber	3.1 g	12 %
Sugars	20.5 g	
Protein	8.2 g	16 %
Vitamin A	0 % • Vitamin C	8 %
Calcium	11 % • Iron	5 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Health Benefits

Bananas,

Use fresh or frozen bananas to create this recipe. If the

References:

- Recipe provided by Reneatta Jenkins, 2022