

## **Banana ice cream**



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

### **About this recipe**

Serves

6

Serving size

1/2 cup

Time to make

15 minutes preparation; 3 hours or more wait time

Special criteria

[Vegetarian recipes](#)

# Ingredients

- 6 bananas

# Directions

1. Peel bananas and put in freezer.
2. Wait for bananas to freeze (three hours or more) then remove.
3. Place bananas in a food processor for about five minutes.
4. Take out of the processor and enjoy.

# Tips and variations

- Add fruits such as strawberry, blueberry, or raspberry for a sweet recipe or something savory like canned cooked beans, peanut butter, or jalapeños for a richer flavor.
- This is a great recipe to make when you have extra bananas or bananas are on sale. Stick any extra bananas in the freezer and prepare the ice cream whenever you want a healthy treat.

# Nutritional info

Calories

105

Total fat

0.4 g

Saturated fat

0.1 g

Cholesterol

0 mg

Sodium

1 mg

Total carbohydrates

27 g  
Dietary fiber  
3.1 g  
Protein  
1.3 g  
Total sugar  
14.4 g

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