



July 17- Banana Ice Cream – Happy Ice Cream Day!!

Smart Snack

Link: <http://www.shape.com/healthy-eating/diet-tips/10-summer-snacks-under-200-calories>

Recipe

Ingredients:

- 2 frozen, ripe bananas
- 2 teaspoons vanilla extract

Directions:

1. Put frozen sliced bananas in a blender, and blend for 2.5 minutes.
2. Add 2 teaspoons vanilla extract. Blend for another 2.5 minutes. The bananas will turn into a consistency similar to frozen custard. Top with your favorite fruit.

Yield 2 servings

Nutrition Facts

Serving Size 0.33 cup (122.2g)
Servings Per Container 2

Amount Per Serving

Calories 120 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 15g

Protein 1g **3%**

Vitamin A 0% • Vitamin C 15%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.