



June 7- Easiest Banana Ice Cream – Happy Chocolate Ice Cream Day!

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/easiest-banana-ice-cream>

Recipe

Ingredients:

- 2 ½ bananas
- 2 Tablespoons milk
- Chocolate syrup (optional)

Directions:

1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over ¼ cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and tasted like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).

Yield 3 servings

Nutrition Facts

Serving Size 1/3 of recipe (113.58g)
Servings Per Container 3

Amount Per Serving

Calories 100 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **10%**

Sugars 13g

Protein 2g **3%**

Vitamin A 0% • Vitamin C 15%

Calcium 2% • Iron 0%

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