

BANANA ICE CREAM DELIGHT



INGREDIENTS

3–4 RIPE BANANAS

1–2 TABLESPOONS PEANUT BUTTER, OPTIONAL

1 TABLESPOON UNSWEETENED COCOA POWDER, OPTIONAL

1–2 TABLESPOONS MILK, ONLY IF NEEDED FOR BLENDING

PREP TIME

10 MINUTES + FREEZING TIME

SERVINGS

4 SMALL SERVINGS

TIPS

USE VERY RIPE BANANAS FOR THE SWEETEST FLAVOR AND CREAMIEST TEXTURE.

FREEZE BANANA PIECES SEPARATELY SO THEY ARE EASIER TO BLEND.

LET THE FROZEN NICE CREAM SIT AT ROOM TEMPERATURE FOR A FEW MINUTES IF IT BECOMES TOO FIRM.

INSTRUCTIONS

1. SLICE THE BANANAS: PEEL THE RIPE BANANAS AND CUT THEM INTO SMALL PIECES.
2. FREEZE: ARRANGE THE BANANA PIECES IN A SINGLE LAYER ON A LINED BAKING TRAY OR PLATE. FREEZE FOR AT LEAST 2–3 HOURS, OR UNTIL COMPLETELY FROZEN.
3. BLEND: PLACE THE FROZEN BANANA PIECES IN A HIGH-SPEED BLENDER OR FOOD PROCESSOR. BLEND UNTIL SMOOTH AND CREAMY. YOU MAY NEED TO STOP AND SCRAPE DOWN THE SIDES A FEW TIMES.
4. ADJUST THE TEXTURE: IF THE MIXTURE IS TOO THICK TO BLEND, ADD 1 TABLESPOON OF MILK AT A TIME UNTIL IT REACHES A SMOOTH, ICE-CREAM-LIKE CONSISTENCY.
5. ADD FLAVOR: FOR PEANUT BUTTER NICE CREAM, BLEND IN 1–2 TABLESPOONS OF PEANUT BUTTER. FOR A CHOCOLATE VERSION, ADD 1 TABLESPOON OF UNSWEETENED COCOA POWDER.
6. SERVE: ENJOY IMMEDIATELY FOR A SOFT-SERVE TEXTURE, OR TRANSFER TO A FREEZER-SAFE CONTAINER AND FREEZE FOR 1–2 HOURS FOR A FIRMER CONSISTENCY.

OPTIONAL TOPPINGS:

SLICED BANANA, CHOPPED NUTS, SHREDDED COCONUT, BERRIES, OR A LIGHT SPRINKLE OF COCOA POWDER.