

## 1 Ingredient Banana Ice Cream

Prep Time 1 hr 30 mins  
 Total Time 1 hr 35 mins  
 Meal Type Snack  
 Contributed By

LivingPlateRx

Source Adapted from [Gatheredtable](#)

Servings 4



### Ingredients

lb,c g,ml

- 4 medium bananas

### Directions

#### Prep

1. Peel bananas, break into pieces and freeze (for at least an hour or two, or longer).
2. Remove from freezer, allow to thaw just slightly so they can be blended.

#### Make

1. Add to food processor and blend until the "whip" reaches the consistency of ice cream.
2. Add any desired mix-ins and blend well, adding a drop or two of milk or soy milk as needed.

### Notes

A quick and healthy way to enjoy a cold treat. Add in your favorite mix-ins; possibilities include peanut butter, Nutella, chocolate chips, cocoa powder, cinnamon, chopped nuts, berries -- endless options to experiment and customize!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 0.4g		0%	<b>Total Carbohydrates</b> 27g
Saturated Fat 0.1g		0%	Dietary Fiber 3g	12%
Trans Fat 0.0g			Total Sugars 14g	
<b>Cholesterol</b> 0mg		0%	<b>Protein</b> 1g	
<b>Sodium</b> 1mg		0%		
Vitamin D 0mcg 0% · Calcium 6mg 0% · Iron 0mg 1% · Potassium 422mg 8%				

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -