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## Banana Ice Cream Recipe

Total Time: 5min

Yield: 1-2 servings

### Ingredients

- 2-3 overripe, frozen bananas
- optional milk of choice, if needed
- pinch salt

### Instructions

Start with bananas that are turning brown. Peel and cut into large pieces, then freeze in an airtight bag or container. (You can freeze a whole bunch at once so they're ready whenever you want to make banana ice cream.) To make the ice cream, throw around 2-3 frozen bananas into a high speed blender or food processor—adding a pinch of salt and 2-4 tbsp milk of choice for smoother blending if desired—and blend until you achieve a soft-serve texture. You can serve immediately, or transfer to a container and freeze an additional 30 minutes, then scoop out with an ice cream scoop.

Read more at <http://chocolatecoveredkatie.com/2016/08/22/banana-ice-cream-healthy/#R5MaEtaZ4J03p7Fy.99> (Photo credit: Chocolate Covered Katie)

