



# Banana Ice Cream

Shine 365  
Marshfield Clinic

**PREP TIME:** 5 minutes • **FREEZE TIME:** Approximately 2 hours **SERVINGS:** 1-2

## INGREDIENTS

- 2-3 overripe, frozen bananas
- Optional milk of choice, if needed
- Pinch of salt

### Alternative Flavor: Very Berry

- Above ingredients
- 1 cup frozen berries of choice
- ½ teaspoon pure vanilla extract

### Alternative Flavor: Mint Chocolate Chip

- 2 overripe, frozen bananas
- Pinch of salt
- ½ teaspoon pure peppermint extract
- Chocolate chips or cacao nibs
- Small handful of spinach

### Alternative Flavor: Coffee

- 2 overripe, frozen bananas
- Pinch of salt
- ½ teaspoon instant coffee granules
- ½ teaspoon pure vanilla extract
- Optional shake of cinnamon
- Optional handful of chocolate chips

## INSTRUCTIONS

Start with bananas that are turning brown.

Peel and cut into large pieces, and 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 2-3 frozen bananas into a blender or food processor. Add a pinch of salt and 2-4 tablespoons milk (skim or 1-percent, almond milk or rice milk) for smoother blending if desired. Blend until you achieve a soft-serve texture.

Serve immediately, or transfer to a container and freeze an additional 30 minutes. Scoop out with an ice cream scoop.

## NUTRITION INFORMATION

Nutrition content based on original flavor, 3 bananas. Content varies slightly based on additional ingredients in alternative flavors and serving size: 315 calories; 4g protein; 1g fat; 43g sugar; 9g fiber; 4mg sodium.

Nutrition with 3 bananas and 2 tablespoons 1% cow's milk: 328 calories; 5g protein; 1g fat; 45g sugar; 9g fiber; 17g sodium.