

Banana Ice Cream

Yield: 8 servings

Ingredients

8 bananas overripe, peeled,
broken into 2 inch pieces and
frozen

Instructions

1. Remove bananas from freezer and allow them to sit at room temperature for 5 to 7 minutes.
2. Place bananas in food processor and blend until smooth and creamy. It takes a while, just keep blending!
3. Enjoy immediately!

Tip: to make the ice cream chocolate you can add 2 Tbsp of cocoa powder

Nutrition Information

Serving Size: ½ cup

Calories: 105

Total Fat: 0.4 g

Saturated Fat: 0.1 g

Monounsaturated Fat: 0.0 g

Sodium: 1.2 mg

Total Carbohydrate: 27.0 g

Dietary Fiber: 3.1 g

Sugars: 23 g

Protein: 1.3 g

Source: Goldring Center for Culinary Medicine



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