

# Banana Ice Cream Sandwich

<b>Nutrition Facts:</b>	
Yield	6
Calories	105
Fat	1.2 g
Sodium	70 mg

<b>Code</b>
\$, Q, RH, DF



## **Ingredients Needed:**

3 graham crackers, halved  
2 ripe bananas

## **Recipe Directions:**

- To make the “ice cream” simply blend up 2 ripe, frozen bananas in a blender or food processor until it turns soft and creamy- the texture of soft serve ice cream.
- Spoon the mixture between 2 graham crackers and place in the freezer for 20-30 minutes.
- Serve and enjoy!