

Banana Ice Cream

Nutrition Facts:	
Yield	4
Calories	120
Fat	0 g
Sodium	1 mg

Code
\$, Q, V, DF, GF



Ingredients Needed:

1 large banana
Toppings of your choice

Recipe Directions:

- Peel banana and cut into $\frac{1}{4}$ slices.
- Put slices on a plate or tray in a single layer, cover with plastic wrap and freeze for 1-2 hours.
- Blend frozen banana into a food processor or blender until it resembles soft serve ice cream.
Use a spatula or large spoon to push bananas down for blending as needed.
- Add your favorite toppings and enjoy!