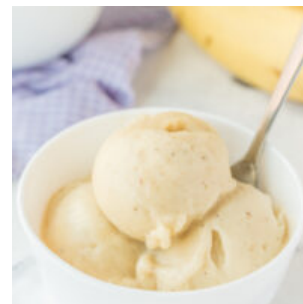


One Ingredient Banana Ice Cream

Amazing recipe making "ice cream" with just bananas!



SAVE RECIPE

Prep Time 10 minutes

Total Time 10 minutes

Servings 15 servings

Calories 121kcal

Author RecipeGirl.com (shared from The Everything Easy Dash Diet Cookbook)

Course Dessert

Cuisine American

Keyword banana, Ice Cream, one ingredient

INGREDIENTS

- 15 large over-ripe bananas, peeled

INSTRUCTIONS

1. Place bananas in a zip-top baggie and freeze until solid.
2. Remove the bananas from the freezer and slice into chunks. Place the chunks in a blender or food processor and pulse until smooth.
3. Scoop the mixture out and serve immediately.

NUTRITION

Serving: 1 serving | Calories: 121kcal | Carbohydrates: 31g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 1mg | Potassium: 487mg | Fiber: 4g | Sugar: 17g | Vitamin A: 87IU | Vitamin C: 12mg | Calcium: 7mg | Iron: 1mg

recipe found on: <https://www.recipegirl.com/one-ingredient-banana-ice-cream/>

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