

Banana Ice Cream



This "ice cream" comes together in minutes and is a flavor-packed customizable treat perfect for beating the heat without any added sugar!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

4 each Banana, frozen, overripe
2 Tbsp Water

CHEF'S NOTES

Kick up the flavor by incorporating fresh herbs like mint, basil or shiso. You can also add other frozen fruit like mango, pineapple or strawberry for a different flavor option. Or try some fun mix-ins like ground cinnamon, cayenne, PB2 (peanut butter powder) or cocoa powder!

Try topping this sorbet with GCCM's Chocolate Magic Shell.

Using a metal bowl/pan for storage helps the sorbet to harden faster, but any container will do.

Store in the freezer, covered, for up to two months.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Remove the bananas from the freezer and allow them to sit at room temperature to soften a bit, about 5-7 minutes.
3. Cut the bananas into about 1-inch-wide chunks.
4. In a blender, blend the chunks of banana on a high-speed until smooth and creamy, 2-4 minutes. Turn off the blender and scrape down the sides as needed to incorporate all of the fruit. If the mixture is too thick and will not completely mix, add water 1 Tbsp at a time until it's nice and smooth.
5. If desired, add in any additional mix-ins (see chef's note) and continue to blend until well combined.
6. Remove the banana ice cream from the blender and scrape it into a small metal bowl or pan. Place the ice cream in the freezer to solidify and harden, about 30 minutes. Scoop mixture and enjoy or top as desired!

Nutrition Facts

4 servings per container

Serving Size 1/2 cup (136 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 31g 11%

Dietary Fiber 4g 13%

Total Sugars 17g

Includes 0g Added Sugars 0%

Protein 1g 3%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.35mg 0%

Potassium 500mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, "Banana Ice Cream" (03/07/19)



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