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!

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<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
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<tr>
<td>4 SERVINGS</td>
<td>10 MIN</td>
<td>30 MIN</td>
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INGREDIENTS

| 4 each | Banana, frozen, overripe |
| 2 Tbsp | Water |

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!

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.

Nutrition Facts Found on the Reverse Side 10.18.21
Recipe adapted from Health meets Food, “Banana Ice Cream” (03/07/19)