

# BANANA ICE CREAM RECIPE



## INGREDIENTS

- 1-2 Overripe Frozen Banana per Serving
- 1/4 to 1/2 cup of Liquid (Milk, or non-dairy Milk of Choice, or another liquid) If Needed
- Additional Choice of Ingredients Based on Desired Flavour

## DIRECTIONS

### STEP ONE

- Start with bananas that are turning brown. If they're green or yellow to start with, leave them out until the bananas *at least begin* to turn brown. Not-overripe bananas will have something of an earthy taste, as opposed to the more sweet, caramelized flavor they develop as they turn brown.
- Once ripe, peel the bananas, cut into coin sized pieces, and freeze them. Freeze them flat on a tray first if you do not want them to freeze together, then throw them into an airtight bag or freezer safe container. (You can freeze a whole bunch at once so they're ready whenever you want to make banana ice cream)

### STEP TWO

- Once the bananas are fully frozen, toss them into a food processor or high-quality blender (such as a Vitamix) and blend until you achieve a consistency that resembles soft serve.
- If your blender is having trouble processing, you can add up to 1/4 cup milk of choice or another liquid.
- Once the soft-serve texture is reached, you can eat it immediately or scoop it into a container and freeze an additional 30 minutes or so, then scoop out with an ice cream scoop. This will give you a firmer banana ice cream texture.

## ADD-ONS

### VERY BERRY

- Add one cup of frozen berries of choice and 1/8tsp of vanilla extract - then blend!

### CHOCOLATE CHIP & PEANUT BUTTER

- Add 2-3tbsp of peanut butter/nut butter and 2tbsp of chocolate chips - then blend!

### STRAWBERRY

- Add in 1/2cup of frozen strawberries, 1/4tsp of vanilla extract - then blend!

