



Nice Cream

Servings 4 | Prep time 2 hours 30 mins. | Total time 2 hour 30 mins.

Equipment:

Aluminum foil or wax paper
Baking sheet or large plate
Blender
Container with lid
Cutting board

Utensils:

Measuring spoons
Spatula
Knife

Ingredients

4 ripe bananas
1/2 cup low-fat milk
1/2 teaspoon (regular or imitation) vanilla extract

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Peel and chop bananas into thick (1 inch) slices.
3. Lay banana slices in a single layer on baking sheet or plate lined with tin foil or waxed paper. Put banana slices in the freezer for 1-2 hours.
4. Combine bananas, milk, and vanilla extract in the bowl of a blender. Blend until smooth, scraping down the sides of the blender and adding more milk as needed until you reach the desired consistency.
5. Transfer banana mixture to a covered container and freeze for 30 minutes before serving.

Nutritional Information:

Calories 120
Total Fat 0.5g
Sodium 15mg
Total Carbs 29g
Protein 2g