



Nice Cream

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

Equipment: Tin foil or waxed paper, Baking sheet or plate, Blender, Container with lid, Cutting board

Utensils: Measuring spoons, Spatula, Knife

Ingredients

4 ripe bananas

1/2 cup low-fat milk

½ teaspoon vanilla extract (regular or imitation)

Instructions

1. Before you begin wash your hands, surfaces, and utensils.
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