

Recipe of the Month – July 2020

Banana Ice Cream

Serves 3

Serving Size: ½ cup

Cost per Serving: \$0.12

Ingredients:

2 ripe bananas

1 Tablespoon nonfat milk

Optional Ingredients:

1 Tablespoon peanut butter, chocolate hazelnut spread, cocoa powder, chocolate chips, or finely chopped fruit



Directions:

1. Thinly slice bananas, 1/4 inch thick or less.
2. Place bananas in a tightly sealed container or zippered bag.
3. Freeze bananas for at least 4 hours or overnight.
4. Place frozen bananas in a blender or food processor. Add milk. Blend until thick and creamy. At first the banana will look crumbly, then sticky, then creamy. Stir in optional ingredients.
5. Serve immediately.

Tips:

- For larger bananas, add up to 1 Tablespoon more of milk.
- Substitute 2 Tablespoons of yogurt for the milk.
- Leftovers of this ice cream can be stored in the freezer, but the texture will not be the same when thawed.

Nutrition Facts per Serving: 70 calories, 0g total Fat (0g sat. fat), 0mg. Cholesterol, 0mg Sodium, 18g Carbohydrates, 2g Fiber, 10g Sugar, 1g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2020 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

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