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