

## Banana Ice Cream

### Ingredients

3-4 bananas \*\*

\*\*1 kids size banana = ½ exchange; 100g banana = 1 exchange



### Method

1. Pick a couple of ripe bananas. They should be sweet and soft but not too mushy. Peel the bananas.
2. Cut them into small pieces (coins).
3. Freeze the banana pieces for at least 1-2 hours on a plate.
4. Put the pieces into a food processor or blender.
5. Blend on high. Initially they will look crumbly.
6. The mixture will probably get stuck a lot. Keep scraping down the bowl.
7. Suddenly as you keep blending you will see a change. The bananas turn creamy.
8. The ice cream will be the texture of soft-serve, but if you freeze again in an airtight container, it will get harder and more like regular ice cream.

Recipe from: [www.thekitchn.com](http://www.thekitchn.com)