

One Ingredient Banana Ice Cream

Makes 4 servings

INGREDIENTS:

2 frozen bananas (without peels)

KITCHEN UTENSILS:

Electric blender

Rubber scraper

Ice cream bowl

DIRECTIONS:

1. Place frozen bananas into blender. Place lid on blender.
2. Blend until almost smooth. You may have to stop several times and scrape sides of blender with rubber scraper.
3. Blend until creamy and enjoy!

REFERENCES: *USDA Food and Nutrition Service.. Kids in the Kitchen, Kid-friendly recipes. Retrieved from, <http://www.fns.usda.gov/sites/default/files/recipes.pdf>*