

# Banana Ice Cream

Source: Power Foods for the Brain by Neal Barnard, MD; recipe by Christine Waltermeyer

Banana ice cream is a delicious one-ingredient recipe. You have to try it to believe it!

## About the Recipe

**210 Calories • 3 g Protein • 6 g Fiber**  
**Snack • Dessert**

Bananas are a great source of potassium.

## Ingredients

***Makes 2 Servings***

- 4 peeled and frozen ripe bananas

## Directions

- Place frozen bananas into a food processor and process until smooth and creamy, with a consistency resembling soft-serve ice cream. Feel free to mix in your favorite flavorings such as cocoa powder, peppermint oil, cinnamon, fruit, nut butter, etc.

## Nutrition Facts

*Per serving (1/2 of recipe)*

**Calories:** 210 kcal

**Fat:** 1 g

**Saturated Fat:** 0 g

**Calories From Fat:** 3%

**Cholesterol:** 0 mg

**Protein:** 3 g

**Carbohydrates:** 48 g

**Sugar:** 29 g

**Fiber:** 6 g

**Sodium:** 2 mg

**Calcium:** 12 mg

**Iron:** 0.6 mg

**Vitamin C:** 21 mg

**Beta-Carotene:** 91 mcg

**Vitamin E:** 0.3 mg