Banana Ice Cream

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

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

1. 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