

Banana Nice-Creams

The main ingredient for any nice-cream is two ripe frozen bananas. Enjoy banana nice-cream plain or add in extra ingredients to make different flavors! The add-ins for different flavors are below. To make, Place frozen bananas and add-ins in a food processor or blender and blend till ice cream consistency is reached. If you don't have a food processor or blender, you can always mash the ingredients by hand in a bowl to reach the ice cream consistency.

Chocolate!

3 tsp Unsweetened
Cocoa Powder

Vanilla

1/2 tsp Vanilla Extract

Strawberry

2 cups mashed
Strawberries

Nutty!!

1/4 cup of favorite
Nut mashed
(Pecan or Pistachios
are great!)

Mint

Chocolate

3 tsp Unsweetened
Cocoa Powder
1/4 tsp Peppermint
Extract

Pina

Colada

1/4 cup canned
Coconut Milk
1/2 cup mashed
Pineapple