



Monkey Magic Banana Ice Cream

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Prep Time 5 minutes • Chill Time 2 hours • Makes 2 servings

No monkeying around here. This Monkey Magic Banana Ice Cream will have you going bananas for more!

Ingredients

2 ripe peeled bananas, cut into chunks ice cream cones**
1 teaspoon vanilla extract chocolate sauce
2–4 tablespoons milk* or fruit juice blueberries or strawberries (optional)

* For dairy free, substitute with dairy-free milk.

** For gluten free, substitute with gluten-free ice cream cones.

Directions

1. Place banana chunks in a freezer bag or container.
2. Freeze until solid, about 2 hours.
3. Put the frozen banana into a food processor, and add the vanilla and a few tablespoons of milk or juice.
4. Process until you have a “soft serve” texture, adding milk or juice in small amounts if needed.
5. Serve in a cone or in ice cream dishes with chocolate sauce.
6. For a special treat, add strawberries or blueberries to the frozen banana when processing.

Tools

- Cutting board
- Small knife
- Measuring spoons
- Freezer bag or freezer container
- Food processor



one big hand helping

Food Head Fruita Says

A row of bananas is called a “hand,” while a single banana is called a “finger.”

