



Banana Ice Cream – Step One:

Let the bananas ripen before peeling. If they're green or yellow to start with, leave them out until the bananas *at least begin* to turn brown. Not-overripe bananas will have something of an earthy taste, as opposed to the more sweet, caramelized flavor they develop as they turn brown.

Once ripe, peel the bananas, cut into pieces, and freeze them.



Step Two:

When the bananas are fully frozen, toss them into a food processor or high-quality blender (such as a Vitamix) and blend until you achieve a consistency that resembles soft serve.

If your blender is having trouble processing, you can add up to 1/4 cup milk of choice or another liquid.

Once the soft-serve texture is reached, you can eat it immediately or scoop it into a container and freeze an additional 30 minutes or so, then scoop out with an ice cream scoop. This will give you a firmer banana ice cream texture.

10 Banana Ice Cream Flavors

Chocolate Banana Ice Cream: Use 3 bananas. Add 1/4 tsp pure vanilla extract, pinch salt, and 3 tbsp cocoa powder.

Mint Chocolate Chip: Use 2 bananas and a pinch of salt. Add 1/8 tsp pure peppermint extract (or more if desired), and stir in chocolate chips or cacao nibs after blending. Optional, blend in a pinch of spirulina or a small handful spinach for color and an extra nutrient boost.

Peanut Butter: Make the original recipe above, adding 2-3 tbsp peanut butter or another nut butter or allergy-friendly alternative before blending.

Cookies'n Cream: Make the original recipe above, adding 2 tbsp coconut butter if desired. After blending, add in a crushed cookie sandwich or [Healthy Oreos](#).

Very Berry: Make the original recipe above, adding 1 cup frozen berries of choice and 1/8 tsp pure vanilla extract.

Strawberry: Use 2 bananas. Blend in 1/2 cup frozen strawberries. Add 1/4 tsp pure vanilla extract and optional shake of cinnamon.

Pina Colada: Make the original recipe above, using 1/4 cup canned coconut milk as your milk of choice. Blend in 1/2 cup frozen pineapple. Stir in shredded coconut if desired.

Vanilla Bean: Use 3 bananas and a pinch of salt. Add 1/2 tsp vanilla bean paste.

Pistachio: Make the original recipe above, adding 2-3 tbsp pistachio butter and 1/8 tsp pure vanilla extract. Sprinkle crushed pistachios on top if desired.

YUM!!! Enjoy!! Send pics to whatsapp# 732-660-5885 if you make it!!