

# 3 Ingredient Banana Ice Cream



## TIPS:

1. This fully flavorful recipe uses only 3 ingredients: bananas (4 frozen bananas and 1 room temperature banana), vanilla extract, and ground cinnamon. Of course, this recipe can be modified any way you like - imagination is your only limit.

## 2. How to Freeze Bananas - All you need are ripe bananas and a plastic bag.



Just peel the **bananas**, put them in a plastic bag, and put the bag in the freezer until the **bananas** are frozen solid.



**Preparation Time: 10-15 minutes**

## **Ingredients**

**4 Frozen Bananas**

**1 Room Temperature Ripe Banana**

**Shake of Ground Cinnamon**

**Shot of Vanilla Extract**





## Equipment

Food Processor with an “S”-Shaped Processor Knife Blade

Spatula

Container with Top



1. Put the “S”-shaped knife blade onto the spindle in the food processor bowl, and make sure both the bowl and blade are snugly seated in place on the processor base.



2. Break 4 frozen bananas and 1 ripe room temperature banana in half and put them in the food processor bowl.



4 frozen bananas



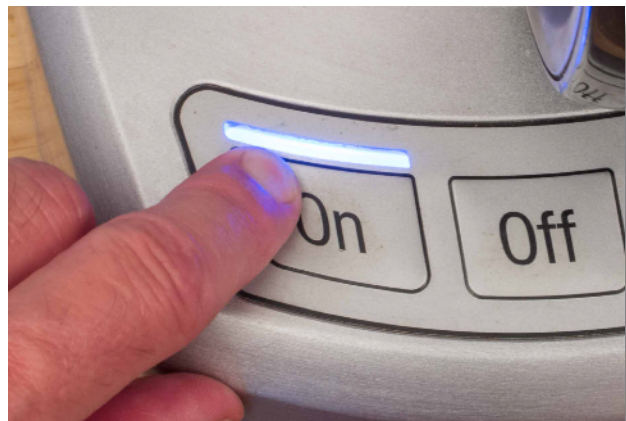
1 ripe room temperature banana

3. Add a good shake (about 1 teaspoon) of ground cinnamon and a good shot (about 1 1/2 teaspoons) of vanilla extract.





4. Snap the food processor bowl top in place, turn on the processor, and...



...let the processor work until the ingredients become well mixed together about as shown below.



**NOTE:** If some of the frozen bananas clump up during processing as shown below, turn off the food processor, remove the top, use a spatula to break up the clumps, and then continue to process the **banana ice cream** until what you have looks as shown in the photo above.





5. Loosen the processor blade in the processor bowl and scrape it clean with a spatula.



Then use a spatula to scoop the **banana ice cream** into a container.





6. Seal the container, put the container in the freezer, and let the **banana ice cream** freeze until it is firm.



**NOTE:** Make sure to start to clean the processor with water and dish detergent to prevent the **blended banana** from sticking to the processor parts.



7. When the **banana ice cream** is firmly frozen, scoop it into a bowl and...enjoy!



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