



# BANANA ICE CREAM

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### INGREDIENTS:

- ripe bananas, the riper the better!

### INSTRUCTIONS:

1. Place banana pieces in a high-powered blender. Secure the lid and process until you have banana ice cream!

### TOPPING IDEAS

Top with crushed nuts, coconut, chocolate chips, or fresh fruit!

### TIP

In advance, peel bananas and break each one into 4-5 pieces. Place in a Freezer zip-top bag and freeze until solid.

### NOTES

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*explore.eat.enjoy.*

