

Banana Ice Cream

Ingredients:

Bananas

Milk (skim, almond, or coconut)

Instructions:

1. Freeze bananas; 1 $\frac{1}{2}$ bananas is about one serving.
2. Blend bananas with milk. For every banana use about $\frac{1}{2}$ c. milk.
3. Opt. Add-ins: peanut butter, blueberries, other fruit.