



COMMON THREADS

Banana “Ice Cream”

Yield: 2 cups

Servings: 4 servings

This recipe is an excerpt from our Small Bites curriculum; our in-school curriculum that supports students learning in the Common Core State Standards.

Contact us at classes@commonthreads.org for more information.

Equipment

- ♥ Food processor or blender
- ♥ Spatula
- ♥ Freezer
- ♥ Bowls and spoons for serving

Ingredients

- ♥ 4 ripe bananas, peeled and frozen
- ♥ Milk OR Almond Milk OR Water (optional)
- ♥ Assorted toppings, see below

Safety Tips:

- ♥ The blades on a food processor and blender are very sharp; they should only be handled by adults.
- ♥ Before using peanuts as a topping check with your guests or classmates to make sure that no one is allergic to peanuts!

Directions

1. Peel bananas and cut them into small chunks.
2. Freeze for 2-4 hours on a plate or in a plastic bag.
3. Place into a food processor or blender and blend, scraping down the sides periodically. If you would like creamier ice cream add milk, almond milk, or water at this point. Blend until smooth and creamy.
4. Serve in a bowl and top with desired toppings, *see topping ideas below*.

Topping and Mix-In Ideas:

- ♥ **Banana cream pie:** Crumble a graham cracker or vanilla wafers on top
- ♥ **Sweet-n-salty:** Crushed chocolate covered pretzels on top
- ♥ **Peanut butter cup:** Mix in 2 t of peanut butter and top with 1 t of chocolate chips
- ♥ **Snickers:** Top with 1 t peanuts, a few chocolate chips, and a drizzle of caramel
- ♥ **Strawberries-n-cream:** Add ½ C chopped strawberries, or any fruit to make fruit and cream
- ♥ **Nutella banana:** Mix in 2 t of Nutella
- ♥ **Cinnamon:** Mix in 1-2 t cinnamon
- ♥ **Tropical Trip:** Mix in freshly grated orange or lime zest and dried coconut

