

BANANA "NICE" CREAM



Until you taste it, you'll never believe how delicious just a few ingredients can be when blended together! Get more fruit in your diet, while beating the heat this summer with banana nice cream. The bananas have 10% of your daily potassium & fiber without any of the saturated fat you find in typical ice creams!



Freezing Your Bananas

Freezing your bananas: As bananas get ripe, peel them & cut into 8-10 pieces. Freeze them in a single layer on a baking sheet lined with wax paper for about 2 hours. Then you can add them to a freezer bag without them sticking together! The recipe is best if bananas have been frozen overnight. The chunks are also great to help thicken smoothies.

Experiment with Flavors

There are so many ways to customize! Just be mindful of added sugar & fat with your choices & amounts. Some ideas are:

- Tropical Paradise - try 1/4 cup each of frozen mango, pineapple, and flaked coconut
- Honey Cinnamon - Add 2 tsp cinnamon and sub honey for maple syrup. just remember - babies under 12 months can't have honey!
- Berry Blitz - try 1/2 cup of raspberries, blueberries, or strawberries or a combo of all 3!

Ingredients

- 4 ripe bananas, cut into chunks and frozen
- 1/4 cup milk of your choice
- 1 tsp vanilla
- 1/4 cup cocoa powder or 1/2 cup frozen strawberries
- 2 Tbsp. maple syrup

Directions

1. Your first step is always wash your hands with warm water and soap. Remember to scrub for 20 seconds!
2. In a food processor or high speed blender, add banana chunks, milk & vanilla. If using, add strawberries. Pulse to begin to break up, then briefly blend on high. The pieces will start to crumble.
3. Scrape down the sides and try to break up big chunks. Keep blending! It will likely take longer than you expect.
4. Add cocoa powder (if using) & maple syrup. If needed, add another 1-2 Tbsp. of milk.
5. Scrape the sides again & continue to puree until it makes a thick, spoonable mixture that looks like soft-serve.
6. Eat immediately or transfer to an airtight container & freeze until solid. It will then be scoopable!

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