



Smart Banana Ice Cream



Makes
4 servings

Prep time
5 minutes

Cook time
5 minutes

Good source of
Fiber
Potassium

Low in
Added Sugar

Ingredients:
3 bananas, sliced and frozen
2 Tbsp. peanut butter
1/4 cup low- or non-fat milk
Pinch of salt

Nutrition Facts

4 servings per container
Serving size 1/2 cup (112g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0mg	0%
Potassium 361mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Directions:

1. Slice bananas and freeze ahead of time.
2. In a food processor or blender, combine the bananas, peanut butter, milk, and salt.
3. Blend until a smooth, creamy texture is achieved.
4. Serve and enjoy! Freeze any leftovers.

