



# Banana Ice Cream – Two Ways!

## BLACK CHERRY CHIP BANANA

### INGREDIENTS (Yield: 2 servings)

- 2 sliced bananas, frozen
- ¼ cup frozen dark cherries
- ¼ teaspoon vanilla extract
- 1 tablespoon skim milk
- 1 tablespoon mini dark chocolate chips

NUTRITION INFORMATION: 154 Calories; 1-gram Fat; <1-gram Saturated Fat; 0 mg Cholesterol; 11 mg Sodium; 36 grams Carbohydrates; 4 grams Fiber; 2 grams Protein

### DIRECTIONS

1. In a food processor, combine frozen banana pieces, cherries and vanilla extract. Process until creamy, add the milk and chocolate chips and process for another 30 seconds. Serve immediately or for a firmer ice cream, store in the freezer in an airtight container for at least 1 hour.

## CHOCOLATE PEANUT BUTTER BANANA

### INGREDIENTS (Yield: 2 servings)

- 2 sliced bananas, frozen
- 1 1.2 tablespoon cocoa powder
- 2 teaspoon powdered peanut butter
- 1 tablespoon skim milk

NUTRITION INFORMATION: 126 Calories; 1-gram Fat; 0 grams Saturated Fat; 0 mg Cholesterol; 21 mg Sodium; 30 grams Carbohydrates; 4 grams Fiber; 3 grams Protein

### DIRECTIONS

1. In a food processor, combine frozen banana pieces, cocoa powder and powdered peanut butter and process until creamy. Add the milk and pulse for another 30 seconds. Serve immediately or for a firmer ice cream, store in the freezer in an airtight container for at least 1 hour.