

BLENDED BANANA ICE CREAM

PROCEDURE

- 01 Freeze 4 medium size bananas (great way to use up some of those brown bananas)
- 02 Once frozen put in a blender/food processor with some yogurt and honey/maple syrup
- 03 Once blended pour in a bowl and enjoy!

INGREDIENTS

- 4 Medium Bananas
- 1/2 Cup Yogurt
- 1 Tbsp Maple syrup/Honey
- Toppings

