



✂ Dessert ⌚ 5 min

Italian Banana Ice Cream

Enjoy this guilt-free version of ice cream. It's made with only three ingredients.

1

Place the frozen bananas into a food processor and blend until you have a consistency resembling soft serve ice cream.

2

Add the Greek yoghurt and vanilla extract and blend until combined.

3

Transfer the mixture to the freezer for 30 minutes before serving.

INGREDIENTS FOR 2 PERSONS

3 ripe Chiquita Banana, with brown flecks on peel, chopped and frozen
4 tbsp Greek yoghurt
4/4 tsp vanilla extract

NUTRITIONAL VALUES PER PERSON

187 kcal Calories
2.3g Fat
1.3g Saturates
42.4g Carbohydrate
23.6g Sugars
3.1g Fibre
3.0g Protein
0.05g Salt