

Banana Ice Cream

Ingredients

- 4 overripe bananas, frozen
- 2 Tablespoons of cocoa powder (optional)

Supplies

- Blender or food processor
- Rubber spatula or wooden spoon
- Serving bowls

Steps

1. Thaw bananas on the countertop for 5 to 7 minutes.
2. Put the bananas in a blender.
3. Add 2 Tablespoons of cocoa powder, if using.
4. Blend until smooth and creamy (about a minute or 2).
5. Serve right away.

Make the ice cream right before you plan to eat it. Here is what you have to do:

- Take the bananas out of the freezer and let them sit at room temperature for 5 to 7 minutes
- Put the bananas in blender
- If you want to make chocolate banana ice cream, add 2 Tablespoons of cocoa powder. You don't have to do this. However, it's a good way to make this treat even tastier, if you like chocolate.
- Blend until smooth and creamy. It takes a bit, so be patient! You can stop the blender and poke the banana mixture around to help it blend smoothly. When it is smooth and creamy, your dessert is ready.
- Serve right away.