

# COOKING WITH KIDS

## EASIEST BANANA ICE CREAM

- **3 frozen bananas, sliced**
- **3 tablespoons milk**

- 1.** Place bananas and milk in a food processor or blender. Blend until smooth, scraping sides.
- 2.** Bananas will have an ice-cream-like firmness.
- 3.** Serve with granola or crushed cereal as sprinkles.

**Number of Servings:** 3

**Serving Size:** ½ cup

**Nutrition Facts per serving:** 90 calories, 0 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 23 g carbohydrate, 3 g dietary fiber, 13 g sugar, 2 g protein.

Source: What's Cooking? USDA Mixing Bowl

