



Banana “Nice” Cream

Servings: 2 | **Calories:** 110

Ingredients:

- 2 frozen bananas
- Splash of milk dairy or plant-based
- Optional mix-ins: Berries, Cocoa powder, Peanut butter, Vanilla

Directions:

- Freeze banana slices for at least 4 hours or overnight until completely frozen.
- Add the frozen bananas and a splash of milk to a blender or food processor.
- Blend until smooth and creamy, stopping to scrape down the sides as needed.
- Stir in optional mix-ins such as berries, peanut butter, or cocoa powder for extra flavor.
- Serve immediately for a soft-serve texture or freeze for 15–20 minutes for a firmer treat.



Nutrition Note: Calorie counts and serving sizes are estimates and may vary based on ingredient brands, substitutions, portion sizes, and optional toppings. Adjust recipes as needed to meet your individual dietary needs and preferences.