

Banana

Ingredients

- 2-3 overripe, frozen bananas
- optional milk of choice, if needed
- pinch salt

Instructions

Start with bananas that are turning brown. Peel and cut into large pieces, then freeze in an airtight bag or container. (You can freeze a whole bunch at once so they're ready whenever you want to make banana ice cream.) To make the ice cream, throw around 2-3 frozen bananas into a blender or food processor—adding a pinch of salt and 2-4 table spoon milk of choice for smoother blending if desired—and blend until you achieve a soft-serve texture. You can serve immediately, or transfer to a container and freeze an additional 30 minutes, then scoop out with an ice cream scoop.