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{
  "meal_name": "Banana Chocolate Ice Cream",
  "prep_time": "35 min",
  "cook_time": "5 min",
  "servings": 12,
  "ingredients": [
    "medium bananas (2)",
    "skim milk (1/3 cup)",
    "cocoa powder (2 tbsp)",
    "whipped topping (fat-free) (1 cup)"
  ],
  "directions": [
    "Peel bananas and slice into 1/4-inch coins. Place in a bowl and freeze for at least 2 hours.",
    "Once bananas are frozen, add the bananas, milk and cocoa powder to blender. Blend until smooth.",
    "Fold in the whipped topping.",
    "Place mixture in a freezer-safe container and freeze for at least 30 minutes.",
    "Scoop into 1/2-cup scoops to serve."
  ],
  "image_link":
    "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Recid_6_Banana_Chocolate_Ice_Cream_iStock_03012018_3594532475.jpg"
}
```