



# Bananas-Only Ice Cream

My sister-in-law found this delicious recipe and made it for the 4th of July holiday. It is so yummy, especially when it's eaten "soft serve" right after making it in the food processor. Extremely easy and fast, it's a delicious and healthy treat that your whole family will love!



## **Ingredients:**

Speckled bananas, sliced and frozen for 24 hours.

## **Directions:**

After the banana slices are completely frozen, fill a food processor about half-way with them.

Process on HIGH for several minutes.

At first, it will look like it isn't working and it's clumping up, but don't give up! Keep processing until it becomes smooth and creamy.

Serve immediately. Great eaten alone, or try topping with legal peanut butter or fruit.



(Tip: For **non-SCDers**, serve with a little chocolate syrup on top.)