



YOU **CAN** COOK
AND YOU **DO** HAVE THE TIME

Kev's Kitchen

BANANA ICE CREAM

Time: 2 minutes

Serves: 1

Ingredients:

1 large banana – peeled and frozen

Preparation:

Place banana in a food processor with standard blade. Process until the consistency of ice cream.

Serve immediately.

Nutritional Information Per Serving:

Calories: 121

Fat: 0.4g

Carbs: 31g

Fibre: 4g

Protein: 2g