

# Banana Nice Cream

## Instructions

1. Freeze bananas for 4+ hours.
2. Add frozen bananas, milk, and any other additional ingredients into a blender and mix until smooth.
3. Serve in a bowl and enjoy!

## Ingredients

- 3 bananas
- 1/4 cup of milk (use whichever kind you prefer, we recommend coconut milk to make it extra creamy)
- 1 scoop of protein powder (optional)
- 2-3 tbsp nut butter (optional)

## Grocery List

### Produce

- Bananas

### Grocery

- Protein powder
- Nut butter

### Dairy

- Milk of choice