

Banana Nice Cream

Instructions

1. Freeze the bananas for 4+ hours.
2. Add the 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
- ¼ 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