

# Banana Ice Cream Recipe

## Ingredients:

- 1 Banana per person (the more ripe it is, the sweeter your ice cream will be)
- ½ tsp Vanilla
- ½ tsp Lemon Juice
- Nutmeg (optional)
- Cinnamon (optional)

## Directions:

1. Remove the peels from the bananas and slice them up.
2. Put the banana slices onto a baking sheet and place it in your freezer.
3. Once the bananas are frozen all the way through, take them out to thaw slightly.
4. Put the frozen bananas into a strong blender (or even a food processor should work), along with ½ tsp of vanilla.
5. Sprinkle the top of the Banana Ice Cream with nutmeg, cinnamon or berries.