



# WESTERN WISCONSIN HEALTH

## **BANANA ICE CREAM (GLUTEN FREE)**

- 2 C. chopped frozen bananas (freeze bananas in their peel - at least long enough to be frozen but able to be cut)
- 1/8 C. low-fat milk
- 1 tsp. vanilla

### Optional Ingredients:

- 1 T. peanut butter or 1/4 C. walnuts
- Frozen berries or peaches
- 1 T. applesauce
- 1/8 tsp. cinnamon
- 1/8 tsp. nutmeg

## **Nutrition Facts**

Serving Size (140g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 180	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 29g	
Vitamin A 6%	• Vitamin C 2%
Calcium 0%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Place ingredients in a blender and blend until smooth. Return banana mixture to the freezer until it freezes again. This freezes and defrosts easily, but if it is frozen solid, leave it out for 15 minutes to soften enough for scooping into dishes.

**NUTRITION FACTS:** Serving size: 1/2 cup per serving, 6 servings