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## Banana Ice Cream ♦♦

Banana ice cream is a delicious and healthy alternative to traditional ice cream. It is made by blending frozen bananas until smooth and creamy. This recipe is vegan, dairy-free, and gluten-free.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

<b>300 g</b>	Bananas
<b>1 tsp</b>	vanilla extract
<b>60 ml</b>	almond milk

### Directions

## Step 1

Cut

Peel and slice the bananas.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Freezing

Place the sliced bananas in a freezer bag and freeze for at least 2 hours.

**Prep Time:** 0 mins

**Cook Time:** 120 mins

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## Step 3

Thawing

Remove the frozen bananas from the freezer and let them thaw for 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Blending

In a blender, combine the frozen bananas, almond milk, and vanilla extract.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 5

Blending

Blend until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Step 6

Serving

Serve immediately or transfer to a container and freeze for later.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 96 kcal

**Fat:** 0 g

**Protein: 1 g**

**Carbohydrates: 25 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	14 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1 mg	0.04%	0.04%
Calcium	1 mg	0.1%	0.1%
Iron	1 mg	12.5%	5.56%
Potassium	422 mg	12.41%	16.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Barbecue

### Course

Desserts Drinks Salads Snacks

### Cultural

Chinese New Year Oktoberfest Easter

### Cost

Under \$10 \$10 to \$20 \$40 to \$50

### Demographics

Teen Friendly Diabetic Friendly

### Diet

Flexitarian Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet

### Meal Type

Snack Supper

### Difficulty Level

Easy

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