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## Cinnamon-Banana "Nice" Cream

Cinnamon-Banana "Nice" Cream is a vegan dessert made with frozen bananas and cinnamon. It is a healthy and delicious alternative to traditional ice cream. The bananas are blended until creamy and smooth, and then flavored with cinnamon for a warm and comforting taste. This dessert is perfect for vegans and those looking for a guilt-free treat.

**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

**300 g** frozen bananas

**2 tsp** cinnamon

# Directions

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## Step 1

Peel and slice the frozen bananas.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blending

Place the frozen banana slices in a blender or food processor.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blending

Blend until creamy and smooth.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Blending

Add cinnamon and blend again to incorporate.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**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
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	1 iu	0.11%	0.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
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	358 mg	10.53%	13.77%
Zinc	1 mg	9.09%	12.5%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer

Fall

### Events

Christmas

### Course

Snacks

Sauces & Dressings

Soups

Desserts

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

### Meal Type

Snack

### Difficulty Level

Easy

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