

How to Make Frozen Banana Ice Cream



Making homemade banana ice cream is beyond simple. All it requires are frozen bananas, a blender, and patience (which is probably the most difficult part). Here's how to make this popular, relatively healthy dessert in five easy steps:

Slice 4-6 bananas and place them in a freezer-friendly food storage container. Then, place the container in the freezer for at least six hours.

Once the bananas are firmly frozen, place them in a blender and pulse until they are smooth and creamy.

Pour blended bananas back into a freezer-friendly container and place it back in the freezer for two more hours.

Remove the container from the freezer and scoop as you would any other ice cream.

Serve in a bowl with or without toppings. If you want to make a banana ice cream sundae, drizzle on some Nutella, add a scoop of whipped cream, and finish off with crushed peanuts.

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