



Tasty
Tuesdays

healthykids
a journey to healthy habits
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Banana Nicecream with Bananas Foster Topping

Ice cream

4 Frozen over ripe bananas
2 teaspoons low fat milk or any plant based milk like almond or cashew

Bananas Foster Topping

2 ripe but firm bananas
¼ cup unsalted butter
¼ cup packed light brown sugar
Sprinkling of cinnamon



Directions

Make the Nicecream

Peel the overly ripe bananas and cut the bananas into chunks. Place the chunks onto a plate and freeze for an hour. Place the frozen chunks into a food processor or a blender. Process for 10 seconds. Scrape down the bowl. Add the milk. Blend again until smooth. Place the blender bowl in the freezer while you make the topping.

Make the Bananas Foster Topping

Slice the ripe but firm bananas into ½ inch slices. Place a small skillet over medium heat. Add the butter and cook until melted and foam has subsided. Add the brown sugar and cook, stirring constantly for 2 minutes. Add the sliced bananas to the skillet. Sprinkle with cinnamon. Cook for 1 minute or until browned on the bottom. Flip the bananas over. Cook for an additional minute. Remove the skillet from the heat. Serve the Bananas Foster topping over the frozen banana nice cream. Serve immediately.