

Recipes and Tips



One-Ingredient Banana Ice Cream

Ingredients

1 large ripe banana

Peel the banana and chop into somewhat small pieces. It doesn't matter what shape or size the pieces are in, as long as they are evenly sized.

Place in a freezer-safe air-tight container. Freeze until solid, at least 2 hours to overnight.

Transfer the frozen banana pieces into a small food processor or high-speed blender. Pulse to break up. Keep pulsing. At first the banana pieces will look crumbled or smashed. Scrape down.

Blend. It will look gooey, like banana mush. Scrape down. Keep blending. It will get smoother but still have chunks of banana in it. Scrape down.

Suddenly, as the last bits of banana smooth out, you'll see the mixture shift from blended banana to creamy, soft-serve ice cream texture. Blend for a few more seconds to aerate the ice cream.

You can eat the ice cream immediately, but it will be quite soft. You can also transfer it back into the airtight container and freeze it until solid, like traditional ice cream.