



One-Ingredient Banana Ice Cream



INGREDIENTS

- 1 large ripe banana

EQUIPMENT

- Knife
- Cutting board
- Airtight, freezer-safe container
- Small food processor Spatula

DIRECTIONS

Start with ripe bananas: They should be sweet and soft.

Peel the bananas and cut them into coins: It doesn't matter what shape or size the pieces are in, as long as they are chopped up into evenly sized and somewhat small pieces.

Put the bananas in an airtight container: A freezer-safe glass bowl or you can use a freezer bag. Freeze the banana pieces for at least 2 hours, but ideally overnight. Blend the frozen banana pieces in a small food processor or powerful blender: Pulse the frozen banana pieces. We've found that a small food processor or chopper works best.

Keep blending — the banana will look crumbly: At first, the banana pieces will look crumbled or smashed. Scrape down the food processor.

Keep blending — the banana will look gooey: Then it will look gooey, like banana mush. Scrape down the food processor.

Keep blending — the banana will look like oatmeal: It will get smoother but still have chunks of banana in it. Scrape down the food processor.

Watch the magic happen! 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. (If adding any mix-ins, like peanut butter or chocolate chips, this is the moment to do it.)

Transfer to an airtight container and freeze until solid: 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.



RECIPE NOTES

Food processor vs. blender: We've found that a food processor works best for this, with enough room for the banana to get fully creamy and a little bit aerated. Some people do make it in a blender, but be careful; make sure your blender is powerful enough to process the frozen bananas.

Making a bigger batch: Yes, you can make a bigger batch with more than one banana! Just make sure your food processor is big enough (and powerful enough).

Mix-in Ideas While the one-ingredient aspect of this ice cream is a big part of its charm, we don't think that loses much when it becomes two- or even three-ingredient ice cream.

Here are a few favorite mix-ins to make it even more awesome.

- A spoonful of peanut butter
- Drizzle of honey Handful of chocolate chips
- A few almonds
- A dollop of Nutella
- Scoop of cookie butter
- Tablespoon of cocoa powder
- Half a teaspoon of cinnamon, cardamom, or ginger