

One-Ingredient Banana Ice Cream

Ingredients

- 1 bunch of ripe bananas, peeled and chopped

Instructions

1. Place the banana slices into an airtight container and freeze for at least two hours.
2. Use a food processor to blend the frozen banana slices on high speed until the texture is smooth and consistent.
3. Serve immediately, or transfer to an airtight container and freeze for later.