



BLACK CHERRY CHOCOLATE CHIP BANANA ICE CREAM

ingredients:

- 2 chopped bananas, frozen
- 1/4 cup frozen dark cherries
- 1/4 teaspoon vanilla extract
- 1 Tablespoon skim milk
- 1 Tablespoon mini dark chocolate chips

directions:

1. In a food processor, combine frozen banana pieces, cherries, and vanilla extract. Process until creamy.
2. Add milk and chocolate chips and process for another 30 seconds.
3. Serve immediately, or for a firmer ice cream, store in the freezer in an airtight container for at least 1 hour.

Yield: 2 servings

Nutrition Information Per Serving:

154 Calories
1 gram Fat
<1 gram Saturated Fat
0 mg Cholesterol
11 mg Sodium
36 grams Carbohydrates
4 grams Fiber
2 grams Protein

Food exchanges: 2 fruit



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