

Banana Ice Cream

Creamy 3-ingredient banana nice cream made with frozen bananas, milk, and maple syrup. Dairy-free, vegan, and gluten-free healthy dessert ready in minutes.

5	5	2	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Banana Ice Cream

Ingredients

- 2 banana
- 1 tbsp almond milk
- 1 tsp maple syrup

Instructions

- 1 Prepare the bananas**
Remove 2 frozen bananas from freezer and let sit at room temperature for 2-3 minutes until slightly softened but still frozen.
- 2 Peel the bananas** if not already peeled and slice into 1-inch pieces.
- 3 Process the ice cream**
Add banana pieces to a food processor or high-powered blender.
- 4 Process bananas** for 1 minute until they break down into coarse, crumbly pieces.
- 5 Add 1 tablespoon milk** and 1 teaspoon maple syrup to the food processor.
- 6 Process** for 2-3 minutes, stopping every 30 seconds to scrape down the sides with a spatula, until the mixture transforms into a smooth, creamy consistency that resembles soft-serve ice cream.
- 7 Serve or store**
Serve immediately for a soft-serve texture, or transfer to an airtight container and freeze for 1-2 hours for a firmer ice cream consistency.
- 8 If serving after freezing**, let the ice cream thaw at room temperature for 10-15 minutes until easily scoopable.

Tips

Choose overripe bananas with brown spots for maximum sweetness and easier blending. The natural sugars are more concentrated, eliminating the need for additional sweeteners.

Slice bananas into ½-inch pieces before freezing to help your food processor or blender work more efficiently. Arrange slices in a single layer on a parchment-lined tray to prevent them from freezing together.

Let frozen bananas sit at room temperature for 2-3 minutes before blending. This slight softening makes processing easier and reduces strain on your equipment.

Add liquid gradually, starting with just 1 tablespoon. Too much liquid will make your nice cream runny and prevent it from achieving the proper creamy texture.

Stop the processor every 30 seconds to scrape down the sides and break up any chunks. This ensures even blending and prevents overheating your motor.

For extra richness, substitute coconut cream for regular plant milk. The higher fat content creates an even more luxurious texture similar to premium ice cream.

Store leftover nice cream in a shallow, wide container rather than a deep one. This makes scooping easier when the ice cream firms up in the freezer.

Pre-chill your serving bowls in the freezer for 10 minutes before serving. This prevents the nice cream from melting too quickly and maintains its perfect texture.