

Banana Pineapple "Ice Cream"

submitted by elm333



Per serving: 236 Calories • 60.7g Carbs (6.8g Fiber) • 0.8g Fat • 2.9g Protein

Ingredients

Ingredients scaled to: 1 serving

2 medium (7" to 7-7/8" long) **Banana** (236 grams)

1/3 cup, crushed, sliced, or chunks **Pineapple** (82 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Freeze banana and pineapple chunks ahead of time. When ready to make, blend chopped frozen banana and frozen pineapple chunks in blender or food processor until smooth and creamy. Serve immediately.