

Cinnamon-Banana "Nice" Cream

submitted by Galinalgnatova



Per serving: 79 Calories • 19.2g Carbs (2.5g Fiber) • 0.4g Fat • 0.9g Protein

Ingredients

Ingredients scaled to: 6 serving

4 medium (7" to 7-7/8" long) **Banana** (472 grams)

4 tbsp **Almond milk** (60 grams)

2 tsp **Cinnamon** (5.2 grams)

2 tsp **Vanilla extract** (8.4 grams)

1/4 tsp **Salt** (1.5 grams)

Directions

Directions are based on the original recipe of 6 servings

1. Cut and freeze bananas.
2. In a food processor or high-speed blender, combine bananas, 2 tbsp milk, cinnamon, vanilla, and salt. Pulse until blended and smooth. Pulse in more milk, if needed.
3. Serve right away (it will have the consistency of soft-serve), or transfer to a container, cover, and freeze to serve later.
4. Enjoy!