

## 2-Ingredient Dairy-Free Banana Ice Cream

This recipe is perfect for those who are vegan, lactose intolerant, allergic to other dairy alternatives, or just plain lazy.

**Prep Time:** 3 minutes

**Cook Time:** 2 hours

**Total Time:** 2 hours 3 minutes

**Servings:** 1-2

### Ingredients:

2 ripe bananas

2 tablespoons peanut butter

Optional: 2 tablespoons almond or soy milk

### Directions:

1. Select two ripe bananas. Note: brownish bananas are totally acceptable for this recipe.



2. Slice the bananas into small pieces. Your blender will thank you for this.



3. Put the slices in a Ziploc bag or container and place in the freezer for at least two hours. (To avoid the dreadful waiting period, freeze the bananas overnight so that they're ready to go in the morning).



4. Once the bananas are frozen, blend them with the peanut butter in a blender or food processor until the texture is smooth and creamy. Here, you have the option to add almond or soy milk if you prefer a creamier consistency. Don't panic if you don't own a blender; mashing the mixture with a fork will do.



5. Pour contents into a bowl, add desired toppings (recommendations include shredded coconut, cacao nibs, honey, and berries), and enjoy. Note that this ice cream is served as "soft-serve consistency," so for those who prefer more firm ice cream, stick the contents back into the freezer until hardened.



Can't get enough "**nice cream**"? You're in luck—there are endless flavor options and variations when it comes to this recipe. Feel like going plain? Ditch the peanut butter. Chocoholic? Throw in some cocoa powder. Feelin' fruity? Add in some berries. Let your imagination run wild and feel free to add your own twist on this tasty treat.