



## Easy Blender Banana Ice Cream

Courtesy of Lick Honest Ice Creams' Cofounder Anthony Sobotik

### *Ingredients:*

- 7 large frozen bananas
- 1/3 cup sweetened condensed milk
- 1/3 cup heavy whipping cream
- 1/2 teaspoon vanilla
- 1/4 teaspoon cinnamon

### *Instructions:*

1. Peel the frozen bananas and cut them into smaller pieces. The exact size is not important, you just need to fit them easily into your food processor or blender.
2. Next, pour the heavy whipping cream into a bowl and blend with a hand mixer on medium speed until stiff peaks form. This will take about three minutes. Set aside when finished.
3. Place the banana pieces in the food processor and combine with the sweetened condensed milk, vanilla and cinnamon. Blend for about a minute until the mixture begins to look creamy. If needed, stop and scrape the sides and bottom of the blender or processor to reincorporate any banana pieces that haven't been blended. Continue to blend until totally smooth and creamy. This might take several more minutes. Next add the whipped cream to the mixture and pulse just until blended throughout the banana mixture. This will only take about 10 seconds.
4. Pour the mixture into a frozen loaf pan and spread evenly. Place in the freezer for at least two hours or until the mixture is firm. Now all that's left is to scoop and enjoy!