

## **Banana 'Whip'**

### **Ingredients:**

- frozen banana preferably diced or sliced, about 1 cup
- optional (but not all of these at same time)
  - 1/2 tsp vanilla extract
  - tbs protein powder or cocoa (need to add tsp water, too if you do or espresso)
  - tsp almond butter
  - 1 tsp espresso
  - 1 tsp yogurt - vanilla or plain

Put banana and optional ingredients into food processor.

Blend until creamy. May have to stop to chop up bananas into smaller pieces with fork so it blends smoother.

Will take several minutes to get into the right consistency but it is so yummy - like soft serve ice cream!

Eat as is. May be refrozen but not sure if stays soft.