

BERRY BANANA FREEZE

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Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 3 (Serving= 2/3 cup)

Nutrition (per serving)

Calories: 149	Total Carbohydrate: 24
Total Fat: 2 g	Dietary Fiber: 3 g
Saturated Fat: 1 g	Total Sugars: 22 g
Sodium: 29 mg	Protein: 2 g

Ingredients

- 2 bananas
- 1 ½ cups fresh berries of any kind (sliced if large)
- 1 Tablespoon honey
- 1 teaspoon vanilla extract
- 2 Tablespoons graham cracker crumbs (choose gluten free graham crackers and crush for GF version)
- ¼ cup lite whipped topping

Directions

1. Peel bananas and freeze in freezer safe bag for at least 24 hours.
2. Slice frozen bananas and place in a food processor. Process for 1 minute and scrape down the sides. Continue to process and scrape down the sides (could be 5-7 times) until bananas are the consistency of ice cream.
3. Add berries, honey, and vanilla and process until smooth.
4. Serve with a sprinkle of graham cracker crumbs and dollop of whipped topping.