



BANANA ICE CREAM SANDWICHES FLYNTKIDSCOOK

INGREDIENTS

- 3 Ripe bananas
- 1-2 Tbsp Milk
- 8 Graham crackers,
broken in half

Optional add-ins:

Fruit, fresh sliced or dried
Peanut butter or other nut butter
Chopped nuts
Chocolate chips

SUPPLIES & EQUIPMENT

- Knife
- Cutting board
- Baking sheet
- Parchment or wax paper
- Blender or food processor
- Small spoon

*Ice cream recipe courtesy of the *Minimalist Baker*

DIRECTIONS

1. Peel bananas and slice into 1 inch thick coins.
Arrange on a baking sheet lined with parchment or wax paper. Place baking sheet in the freezer for 2 hours, or until the bananas are frozen.
2. To make the ice cream, add the frozen bananas and 1 Tablespoon of milk into a blender or food processor. Blend until smooth and creamy - the mixture will be thick! If the mixture is crumbly and not coming together, add more milk one teaspoon at a time until the bananas cream together.
3. To assemble the sandwiches, spread a dollop of ice cream on one half of a graham cracker and top with the other half of the cracker. Try mixing fruit, nuts, or chocolate chips into the ice cream, or spread a layer of peanut butter on the top graham cracker to make a new flavored treat!
4. Freeze the sandwiches for another 30 minutes to help them solidify before eating. Enjoy!

**Makes 8 ice cream sandwiches*

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