One-Ingredient Banana Ice Cream

Making this recipe is like doing a magic trick: whirl up plain frozen bananas and end up with the creamiest, dreamiest ice cream you ever tasted. You have to try it to believe it!

KITCHEN GEAR
Dinner knife
Cutting board
Plate
Food processor (adult needed)
Wooden spoon
Lidded container

INGREDIENTS
3 ripe bananas
½ tablespoon milk (only if you need it)

INSTRUCTIONS
1. Peel the bananas and slice them thickly.
2. Lay the slices on a plate and freeze until just solid, around 2 hours.
3. Put the frozen slices in the food processor fitted with a steel blade and put the top on tightly. Process until smooth. At first they will want to spin around and stay icy, but keep at it, stopping the machine and using the wooden spoon to loosen the mixture if it stops moving. At some point, it will suddenly become creamy and custardy, like soft-serve ice cream—but if it doesn’t, add a little milk and blend until it does.
4. Serve right away or store in the freezer in a lidded container.

Fancy That!
To vary the flavor of your "ice cream," try adding any of the following:
1 tablespoon peanut or almond butter
2 tablespoons unsweetened cocoa powder
1 teaspoon vanilla extract
½ teaspoon ground cinnamon
3 strawberries, sliced and frozen

WASH your hands with soap and water and dry them.
CLEAN the counter top with a sponge.
GATHER all your kitchen gear and ingredients and put them on the counter.
SCRUB all the fruits and vegetables and lay them out on a dish towel to dry.
PREPARE your ingredients, which means you may have to do something before you get started with the instructions.