BANANA SWIRL

PREP TIME: 5 minutes
FREEZ TIME: 2 to 3 hours
SERVES: 2 servings (1 cup per serving)

INGREDIENTS:
- 2 bananas (frozen)
- 2 tablespoons milk
- Toppings of your choice (suggestions: nuts, chocolate chips, sliced fruit)

STEPS:
1. Peel bananas, and cut into chunks.
2. Spread individual pieces of banana in a single layer on a baking sheet; place baking sheet in the freezer for at least 2 hours.
3. Remove bananas from freezer, and put in a blender. Add milk, and blend until smooth.
4. Add toppings of your choice (if using).
5. Serve immediately.
6. Freeze any leftovers in a freezer-safe container.

Be creative! Add 2 teaspoons of unsweetened cocoa powder to make a chocolate banana swirl.

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