

CINNAMON PECAN BANANA FREEZE

Cinnamon Pecan Banana Freeze

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 3 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 138	Total Carbohydrate: 24
Total Fat: 5 g	Dietary Fiber: 3 g
Saturated Fat: 1 g	Total Sugars: 15 g
Sodium: 19 mg	Protein: 1 g

Ingredients

- 2 bananas
- ¼ cup unsweetened vanilla almond milk
- ¼ cup lite whipped topping
- 2 Tablespoons chopped pecans
- 1 Tablespoon Splenda® brown sugar blend
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla extract

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 remaining ingredients and blend until smooth.