

Banana Ice Cream Sandwiches

Kid Friendly

Low fat - Vegetarian

Ingredients

Servings: 8

Prep Time: 30 minutes

Freeze Time: 4 hours

- 2 ripe **bananas**
- 1/4 tbsp **milk**
- 8 whole **graham crackers**

Directions

1. Peel bananas and thinly slice them.
2. Place bananas into a bowl and add ½ tbsp of milk. Using a fork or potato masher, mash the banana until it's thoroughly blended.
3. Cover the mixture and place in the freezer until solid, about 2 hours.
4. Break each graham cracker until there are 16 squares. Put 2 tablespoons of the banana ice cream on one square and use a knife to spread it out. Place a graham cracker on top to make a sandwich. Repeat for the rest of the graham crackers and banana ice cream.
5. Freeze the sandwiches for 2 hours (or longer) before eating.




Photo courtesy of, and recipe adapted from Chopchopfamily.org