



Maple Pecan Banana Ice Cream

Prep Time 10 mins
Total Time 10 mins
Meal Type Breakfast,Lunch,Dinner,Snack,Side
Contributed By LivingPlateRx

Source [Living Plate Teaching Kitchen](#)

Servings 2



Ingredients

lb,c g,ml

- 3 bananas, *chopped and frozen*
- 1/4 cup almond milk, unsweetened
- 1/4 tsp vanilla extract
- 1 Tbs maple syrup
- 1/4 cup pecans, raw, *chopped*
- 2 dates, Medjool, *pitted and chopped*

Directions

Prep

1. Freeze chopped banana.

Make

1. Add banana, milk, vanilla, and maple syrup to food processor or blender and process until creamy.
2. Pulse in pecans and dates.
3. Serve immediately.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 10.8g		16%	Total Carbohydrates 67g
Saturated Fat 1.0g		5%	Dietary Fiber 8g	30%
Trans Fat 0.0g			Total Sugars 45g	
Cholesterol 0mg		0%	Protein 4g	
Sodium 26mg		1%		
Vitamin D 0mcg 0% · Calcium 34mg 3% · Iron 1mg 5% · Potassium 857mg 18%				

Calories per serving 348

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -