



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Bananas**

Banana Blueberry Ice Cream

Ingredients:

3 very ripe bananas
2 cup frozen blueberries
2 cups heavy cream
15 oz sweetened condensed milk
1/4 - 1/2 cup sugar
1 Tbs vanilla

Directions:

Place the heavy cream in an electric mixer. Beat at medium speed for about 5 minutes until soft ribbons form.

In the meantime, mash the bananas, sugar, and blueberries in a mixing bowl until creamy. Stir in the sweetened condensed milk and vanilla. Once the heavy cream is ready, pour in the banana mixture into the cream. Mix until well combined. Pour into a freezer safe container. Freeze for four hours to overnight.

*Adjust the amount of sugar according to how ripe(sweet) the bananas and blueberries are.