



# Banana Pudding Ice Cream

All you need is a blender to create this amazingly delicious ice cream that is not only vegan-friendly, it's dairy-free as well! So grab a spoon and enjoy.



Prep Time	Total Time
5 mins	5 mins

★★★★★  
5 from 1 vote

Course: **Dessert**    Cuisine: **American**  
Keyword: Budget-Friendly, dairy-free, Gluten-Free, Kid-Friendly, Paleo, Plant-Based, Quick and Easy, Vegan, Vegetarian  
Servings: 3 people    Calories: 249kcal    Author: [Eric O'Grey](#)

## Ingredients

- 3 bananas large, ripe, cut into small pieces, freeze for at least 12 hours
- 177.44 ml almond milk unsweetened, or other non-dairy milk
- 88.72 ml walnuts chopped

## Instructions

1. Put almond milk in a high-speed blender, then add bananas and puree until a creamy consistency. Add additional milk, in tiny additional incremental amounts, if needed.
2. Sprinkle on walnuts, serve and enjoy!

## Nutrition

Serving: 1bowl (1/2 of recipe) | Calories: 249kcal | Carbohydrates: 37g | Protein: 6g | Fat: 11g | Saturated Fat: 1g | Sodium: 33mg | Fiber: 5g | Sugar: 19g |  
SmartPoints (Freestyle): 10  
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