



BANANA ICE CREAM MUFFINS

INGREDIENTS

Muffin Base

- 2 cups ice cream, melted
- 1 1/4 cup self-rising flour
- 2 ripe banana, mashed
- 1/2 cup chocolate chips

Glaze

- 1/4 cup powdered sugar
- 1 tsp milk
- 1/2 tsp vanilla

COOK TIME: 20 MINUTES

SERVING SIZE:

1 MUFFIN

MAKES 10-12 MUFFINS

NUTRITION FACTS:

CALORIES: 225 CAL

CARBS: 30 G

PROTEIN: 3 G

FATS: 10 G

FIBER: 2 G

SUGAR: 15 G

SODIUM: 215 MG

DIRECTIONS

1. Preheat the oven to 350 degrees

2. Combine melted ice cream and self rising flour and mix thoroughly. Use a fork to mash the banana and mix into flour. Then add chocolate chips, and mix.

3. Spray the muffin tin with pan spray or add paper liners. Pour the batter into each muffin cup, about 3/4's full.

4. Let bake for 12-15 minutes. To check stick a toothpick or fork into the center of the muffin, if the toothpick comes out clean the muffins are ready.

5. While baking, mix the three glaze ingredients together.

6. Once the muffins are done, let cool, then use a spoon to drizzle the glaze over top and Enjoy!