

### **Banana Sorbet – Quick Easy and Delicious!**

When your bananas start to speckle brown, peel and freeze in Zips or containers. This recipe will allow you to utilize any surplus bananas on hand when ever you want a healthy treat.

Frozen Bananas  
Fresh Lemon  
Dash of Cinnamon

Pulse Process bananas in a food processor. Add a tablespoon or two of fresh lemon juice and a dash of cinnamon just to add some extra zip. Process till smooth to soft serve consistency. Serve in dessert cups with a sprig of mint.

Enjoy the Bounty!