

**Dessert**

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# **Banana-Pineapple Ice**

Myra Hughes

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**Servings: 10**

**Preparation Time: 15 minutes**

**2 cups unsweetened apple juice**

**2 cups mashed ripe bananas**

**1 can (8 oz) unsweetened crushed pineapple, undrained**

**2 tablespoons lemon juice**

**1 teaspoon vanilla extract**

In a large bowl, combine the apple juice, bananas, pineapple, lemon juice and vanilla.

Pour into an 8-inch square dish.

Cover and freeze for 1 1/2 to 2 hours or until almost firm.

Transfer to a large bowl.

Beat for 1 to 2 minutes or until smooth and creamy.

Return mixture to the dish.

Freeze until firm.

Remove from the freezer 30 minutes before serving.

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Per Serving (excluding unknown items): 2 Calories; 0g Fat (0.0% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.