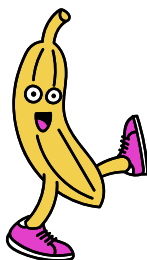


Magical Banana Ice Cream – A Frozen Treat for Kids



❄️ 100% fruit, 100% fun – no added sugar, no stress!

Ingredients (makes ~6 mini ice creams – under 2€ total)

- 3 ripe bananas
- 1 tablespoon of plain yogurt (dairy or plant-based)
- A few chocolate chips, strawberries, or raspberries (optional)
- A drizzle of honey or maple syrup (optional)
- Small popsicle molds (or empty yogurt pots + sticks)

Magical Preparation:

1. Slice the bananas and freeze them for at least 2 hours.
2. Blend the frozen banana slices with the yogurt until smooth and creamy.
3. Add optional extras: chocolate chips or tiny fruit pieces.
4. Pour the mix into molds and insert a stick.
5. Freeze for at least 2 more hours.


→ The result: **smooth, naturally sweet ice cream bites that kids love!**

Magical Tip:

While the ice creams are setting, invite your child to give them a **magical name** like: *“Frozen Star”, “Dragon Pop”, or “Fairy Heart”*.

Naming the treat adds a spark of fun and intention!



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