

## [LOW CALORIE BANANA DESSERT RECIPES](#)



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### **Low Calorie Desserts 50 Treats Under 150 Calories**

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This 1-ingredient low calorie banana ice cream is the bomb! The Skinny on Low Calorie Banana Ice Cream All it takes is a few minutes in a food processor (affiliate link) or high-powered blender (affiliate link) (I used my Vitamix ) to turn frozen bananas into a sweet, creamy, rich and delicious dessert that tastes like soft serve ice cream.

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