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# FRUIT ICE CREAM MAKER

*Recipes*



USE WITH MODEL#GSI180  
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**YIELD 2 SERVINGS**  
**PREP TIME 10 MINUTES**

## **INGREDIENTS**

**2 RIPE BANANAS, FROZEN AND THAWED  
FOR ABOUT 5 MINUTES**  
**2 TABLESPOONS ALMOND BUTTER**  
**¼ TEASPOON CINNAMON**

## *Banana Almond Bread Frozen Fruit*

### *Directions*

1. Sprinkle the cinnamon over the bananas
2. Run one banana through the machine.
3. Run 1 tablespoon of the almond butter through the machine, followed by the second banana.
4. Swirl the remaining tablespoon of almond butter through the mixture and freeze for at least one hour.
5. Scoop and serve.



**YIELD 2 SERVINGS**  
**PREP TIME 10 MINUTES**

## INGREDIENTS

**2 RIPE BANANAS, FROZEN AND THAWED  
FOR ABOUT 5 MINUTES**  
**1 APPLE, PEELED, CORED AND SLICED.  
FROZEN AND THAWED FOR ABOUT 5 MINUTES**  
**¼ TEASPOON CINNAMON**

# Apple Pie Frozen Fruit

## *Directions*

1. Sprinkle the cinnamon over the bananas
2. Run one banana through the machine.
3. Run the apple through the machine.
4. Run the remaining banana through the machine.
5. Freeze for at least one hour. Scoop and serve.



**YIELD 2 SERVINGS**  
**PREP TIME 10 MINUTES**

## INGREDIENTS

**2 RIPE BANANAS, FROZEN AND THAWED  
FOR ABOUT 5 MINUTES**  
**2 OZ. UNSWEETENED PUMPKIN PUREE,  
FROZEN AND THAWED FOR ABOUT 5 MINUTES**  
**¼ TEASPOON CINNAMON OR PUMPKIN PIE SPICE**

# Pumpkin Pie Frozen Fruit

## *Directions*

1. Mix the cinnamon or pie spice into the pumpkin puree and freeze in an ice cube tray.
2. Run one banana through the machine.
3. Run the pumpkin through the machine.
4. Run the remaining banana through the machine.
5. Freeze for at least one hour. Scoop and serve.



**YIELD 2 SERVINGS**  
**PREP TIME 10 MINUTES**

## INGREDIENTS

**2 RIPE BANANAS,**  
**FROZEN AND THAWED FOR ABOUT 5 MINUTES**

**1 CUP PINEAPPLE CHUNKS,**  
**FROZEN AND THAWED FOR ABOUT 5 MINUTES**

## *Tropical Banana Pineapple Frozen Fruit*

### *Directions*

1. Run one banana through the machine.
2. Run the pineapple chunks through the machine.
3. Run the remaining banana through the machine.
4. Freeze for at least one hour. Scoop and serve.



**YIELD 2 SERVINGS**  
**PREP TIME 10 MINUTES**

## **INGREDIENTS**

**2 RIPE BANANAS,  
FROZEN AND THAWED FOR ABOUT 5 MINUTES**

**½ CUP FROZEN BLUEBERRIES,  
THAWED FOR ABOUT 5 MINUTES**

**2 TABLESPOONS PEANUT BUTTER**

# *Peanut Butter and Jelly Frozen Fruit*

## *Directions*

1. Run one banana through the machine.
2. Run the blueberries through the machine.
3. Swirl 1 tablespoon of the peanut butter through the mixture and freeze for at least an hour.
4. Scoop, drizzle the remaining tablespoon of peanut butter over and serve.



**YIELD 2 SERVINGS**  
**PREP TIME 10 MINUTES**

## INGREDIENTS

**2 RIPE BANANAS, FROZEN AND THAWED  
FOR ABOUT 5 MINUTES**  
**1 RIPE PEACH, PITTED, SLICED,  
FROZEN AND THAWED FOR ABOUT 5 MINUTES**  
**¼ TEASPOON CINNAMON**

# Peach Cobbler Frozen Fruit

## *Directions*

1. Sprinkle the cinnamon over the bananas.
2. Run one banana through the machine.
3. Run the peach slices through the machine.
4. Run the remaining banana through the machine.
5. Freeze for at least an hour. Scoop and serve.



**YIELD 2 SERVINGS**  
**PREP TIME 10 MINUTES**

## INGREDIENTS

**1 RIPE BANANA,  
FROZEN AND THAWED FOR ABOUT 5 MINUTES**

**¼ CUP FROZEN BLUEBERRIES,  
THAWED FOR ABOUT 5 MINUTES**

**¼ CUP FROZEN BLACKBERRIES,  
THAWED FOR ABOUT 5 MINUTES**

**½ CUP FROZEN STRAWBERRIES,  
THAWED FOR ABOUT 5 MINUTES**

# Mixed Berry Frozen Fruit

## *Directions*

1. Run the banana through the machine.
2. Run the blueberries through the machine
3. Run the blackberries through the machine.
4. Run the strawberries through the machine.
5. Freeze for at least an hour. Scoop and serve.



**YIELD 2 SERVINGS**  
**PREP TIME 10 MINUTES**

## **INGREDIENTS**

**2 RIPE BANANAS, FROZEN AND THAWED  
FOR ABOUT 5 MINUTES**  
**1 ½ TEASPOONS UNSWEETENED COCOA POWDER**  
**¼ TEASPOON CINNAMON**  
**1 TEASPOON VANILLA**

## *Chocolate Covered Banana Frozen Fruit*

### *Directions*

- 1. Sprinkle the cinnamon and cocoa powder over the bananas.**
- 2. Run the bananas through the machine.**
- 3. Swirl the vanilla through the mixture and freeze for at least an hour.**
- 4. Scoop and serve.**



**YIELD 2 SERVINGS**  
**PREP TIME 10 MINUTES**

## INGREDIENTS

**2 RIPE BANANAS, FROZEN AND THAWED  
FOR ABOUT 5 MINUTES**  
**1 ½ TEASPOONS UNSWEETENED COCOA POWDER**  
**2 LARGE MARSHMALLOWS**  
**GRAHAM CRACKERS FOR SERVING**

# S'mores Frozen Fruit

## *Directions*

1. Sprinkle the cocoa powder on the bananas.
2. Run each banana through the machine.
3. Freeze for at least an hour.
4. Soften the marshmallows for 15 seconds in the micro wave.
5. Scoop and serve with the melted marshmallows on top and graham crackers on the side.



**YIELD 2 SERVINGS**  
**PREP TIME 10 MINUTES**

## INGREDIENTS

**2 RIPE BANANAS,**  
**FROZEN AND THAWED FOR ABOUT 5 MINUTES**

**½ CUP BLUEBERRIES,**  
**FROZEN AND THAWED FOR ABOUT 5 MINUTES**

**ZEST OF 1 LEMON**

## *Lemon Blueberry Pie Frozen Fruit*

### *Directions*

1. Run one banana through the machine
2. Run the blueberries through the machine.
3. Run the remaining banana through the machine.
4. Swirl the lemon zest through the mixture.
5. Freeze for at least an hour. Scoop and serve.