

Banana-Based Chocolate Peanut Butter Ice Cream

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Makes 4 Servings

Active Prep Time: 15 minutes

Supplies:

- ✓ Knife
- ✓ Airtight bag or container
- ✓ Food processor or high-speed blender
- ✓ Measuring spoons

Ingredients:

3 ripe bananas, cut into chunks and frozen
¼ teaspoon vanilla extract
3 tablespoons peanut butter (or other nut/seed butter)

3 tablespoons cocoa powder
Pinch of salt
Splash of milk, if needed



Freezing Your Bananas:

- 1) Peel the bananas, then slice them into big chunks.
- 2) Place the banana chunks in an airtight bag or container.
- 3) Freeze them until they are solid.

Preparing Your Ice Cream

- 1) Place the frozen banana chunks into a food processor or high-speed blender.
- 2) Add the vanilla, nut butter, cocoa powder, and salt.
- 3) Blend until smooth. This will take a few minutes. If your blender is struggling, add a splash of milk and continue. When it is ready, the ice cream will have the consistency of soft-serve.
- 4) If you would like a more solid consistency, place it in the freezer for 30 minutes to an hour. Then scoop!

Nutrition information per serving: Calories 193, Carbohydrate 29g, Fiber 7g, Protein 5.7g, Total Fat 9g, Saturated Fat 2g, Cholesterol 0mg, Sodium 76mg



*Adapted from: chocolatecoveredkatie.com
For CalFresh or Food Bank information, call (805) 238-4664.*