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 3 tablespoons cocoa powder
1/4 teaspoon vanilla extract Pinch of salt
3 tablespoons peanut butter (or other nut/seed butter) 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.