

Chocolate Peanut Butter Banana Ice Cream

Ingredients:

- 4 bananas, ripe, peeled, chopped, frozen
- 2 tablespoons natural peanut butter
- 3 tablespoons cocoa powder
- 1/4 cup milk of choice (optional)

Directions

1. Place frozen bananas, cocoa powder, and peanut butter into a high-powered blender or food processor. If using a food processor, you may need to add some of the optional milk, until ingredients are able to blend.
2. Blend on high speed, scraping the sides of blender or food processor as needed until ice cream is smooth.
3. Serve right away. If storing in the freezer, thaw 5 – 10 minutes before scooping to serve.

Nutrition Facts

4 servings per container

Serving size (137g)

Amount per serving

Calories **170**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 31g **11%**

Dietary Fiber 5g **18%**

Total Sugars 15g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 1mg **6%**

Potassium 435mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

