

PEANUT BUTTER BANANA 'ICE CREAM'

This tasty twist on “ice cream” is made from only a few ingredients and includes no added sugar. Blended frozen bananas take on the creamy texture of traditional ice cream and peanut butter (or any nut butter of your choice) adds a delicious nutty flavor, plus a dose of heart-healthy omega-3 fatty acids. This ice cream is rich in cancer-fighting nutrients, including fiber and potassium, a mineral that is low in most American diets. Cool off with this sweet and healthy treat!

Makes 4 Servings

Per serving: 200 calories, 7 g total fat (1.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 34 g carbohydrates, 5 g protein, 5 g dietary fiber, 180 mg sodium, 18 g sugar, 0 g added sugar

INGREDIENTS

4 large ripe bananas, sliced	1/4 tsp. salt
2 Tbsp. peanut butter (or other nut butter, such as almond butter)	1/2 tsp. cinnamon
1/4 tsp. vanilla extract	2 Tbsp. chopped peanuts, for topping

DIRECTIONS

1. Slice bananas into chunks and freeze on a flat sheet pan (with pieces separated so they don't stick together) until solid, for at least 1-2 hours.
2. Add the frozen bananas to blender or food processor and blend until smooth and creamy. This will take a few minutes with periodic pauses to stir/scrape down bananas in blender/food processor.
3. Once bananas have reached a creamy texture, add peanut butter, vanilla extract, salt and cinnamon and continue to blend.
4. Scoop into individual bowls and top with chopped peanuts.
5. Serve immediately.

NOTES

This recipe can also be made with bananas only. You can also use other nut butters or spices such as cardamom or add additional fruit, such as frozen strawberries. Eat the ice cream immediately for a soft serve-like texture, or freeze after blending for a more solid version. Store leftovers in an airtight container in the freezer for up to a week.

