



Choco-Banana Bliss Freeze

SERVINGS: 2 CUPS

PREPPING TIME: 5 MINS

COOKING TIME: 1-2 HOURS
OF FREEZING TIME

INGREDIENTS

- 4 large bananas, sliced and frozen
(about 4 cups slices)
- 1/2 tsp. vanilla extract
- 2 tbsp. plain milk, either dairy or non-
dairy
- 4 tbsp. unsweetened cocoa powder
- 2-3 tbsp. creamy peanut butter
- Pinch of salt

DIRECTIONS

1. Peel the bananas and slice them into coins. Place the banana slices in a single layer on a baking sheet lined with parchment paper or a silicone mat. Freeze the banana slices for at least 2 hours, or until completely frozen.
2. Once the banana slices are frozen solid, transfer them to a blender or food processor. Add the vanilla extract, milk, cocoa powder, and peanut butter to the blender. Blend the ingredients on high speed until smooth and creamy, scraping down the sides of the blender or food processor as needed. The mixture should have a texture similar to soft-serve ice cream.
3. Serve the banana ice cream immediately for a soft-serve consistency. If you prefer a firmer texture, transfer the ice cream to a freezer-safe container and freeze for an additional 1-2 hours before serving.
4. Scoop the banana ice cream into bowls or cones and enjoy this delicious and healthy frozen treat! Garnish with your favorite toppings such as fresh fruit, chopped nuts, or a drizzle of honey, if desired.

NUTRITION

Serving size: 1 serving (139g)
(per serving) 180 calories, 5g fat, 1g saturated fat, 0mg cholesterol, 45mg sodium, 33g carbohydrate, 4g fiber, 1g sugar, 5g protein