



# Banana “Ice Cream” Surprise

## Ingredients:

- 4 medium sized, ripe bananas
- 1 teaspoon of vanilla
- 2 tablespoons of peanut butter

## Directions:

1. Freeze peeled bananas. Cut frozen bananas into 1-inch thick pieces.
2. Place frozen banana pieces into a large food processor, puree until consistency is smooth and similar to ice cream.
3. Add vanilla and peanut butter and process until well blended.
4. For best results, serve immediately.

## Optional Additions:

- Other nut butters
- Dark chocolate chips
- Chopped nuts

**Serves 4**

**Serving size: ½ cup**

<b>Nutrition Facts</b>			
Serving Size 0.50 cup(s) (102g)			
Amount Per Serving			
<b>Calories</b>	124	<b>Calories from Fat</b>	32
% Daily Value			
<b>Total Fat</b>	3.5g		5 %
Saturated Fat	0.8g		4 %
Trans Fat			
<b>Cholesterol</b>	0.0mg		0 %
<b>Sodium</b>	30.4mg		1 %
<b>Total Carbohydrate</b>	22.9g		8 %
Dietary Fiber	2.8g		11 %
Sugars	12.2g		
<b>Protein</b>	2.6g		
Vitamin A	1 %	Calcium	1 %
Vitamin C	14 %	Iron	2 %



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