



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

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

