Chocolate Peanut Butter Banana “Nice” Cream

Serves 2 generously

Chocolate, peanut butter, bananas. What’s not to like? The bananas add sweetness and a creamy texture. You could wait for this to become firm in the freezer, or just dig in for an instant soft-serve treat.

3 frozen bananas, thickly sliced
2 tablespoons peanut butter
2 tablespoons unsweetened cocoa powder
3 tablespoons whole milk, almond milk, or milk of choice
Pinch of salt
1/2 teaspoon vanilla extract

1. In a food processor, combine the bananas, peanut butter, cocoa powder, milk, salt, and vanilla.

2. Process until smooth and creamy. Transfer to a freezer container and chill for 2 to 3 hours, or until firm.

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