

Peanut Butter Nice Cream (1)

by BMC Teaching Kitchen



This works best when you make it just before eating it. Wow is it delicious! Rather than relying on sugar for sweetness, this uses ripe bananas as a sweetener. It is also much lighter (lower in calories and fat) than regular ice cream, without any artificial ingredients. Feel free to top with fruit and/or crushed nuts.

About

Serves: 4 servings

Total Time: 5 minutes

Prep Time: 5 minutes

Cook Time: 0 minutes

Materials

- Blender
- Bowl
- Measuring spoons
- Spoon
- Container if you'd like to freeze your leftovers

Ingredients

- Bananas- 2 medium, frozen
- Milk- 2-3 Tablespoons of soy, almond, coconut or low fat dairy milk (may need more depending on blender)
- Peanut Butter Powder- 1 Tablespoon (such as PB2)
- Cocoa Powder- 1 Tablespoon, unsweetened

Instructions

Step 1 - Blend or process the bananas, milk, peanut butter powder, and cocoa powder in a blender or food processor.

Step 2 - Serve immediately or smooth out in an airtight container and store in the freezer.

Peanut Butter Nice Cream (2)

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Nutritional Information

Serving Size: ½ ice cream serving

Calories: 135 Calories

Fat: 1.4g

Saturated Fat: 0.5g

Carbohydrates: Net Carb: 31g

Dietary Fiber: 4.6g

Protein: 4g

Sodium: 30mg

Dietary Restrictions: Vegan