

# BANANA PEANUT BUTTER ICE CREAM

RECIPE PROVIDED BY THE FOOD BANK

<b>Culinary Intro:</b>	
<b>Nutrition Intro:</b>	Great recipe to satisfy an ice cream craving while still consuming healthy foods.

<p><b>Prep Time:</b> min  <b>Ingredients for 3 servings</b>  <b>Each serving = 1 cup</b>  <b>Cost per serving= \$</b>  <b>Ingredients:</b></p> <table style="width: 100%;"> <tr> <td style="width: 10%;">3</td> <td style="width: 10%;">Ripe Bananas</td> </tr> <tr> <td>2 TBSP</td> <td>Peanut Butter</td> </tr> <tr> <td>1 tsp</td> <td>Vanilla extract</td> </tr> <tr> <td>1/2 cup</td> <td>Fresh fruit for topping</td> </tr> </table> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Peel bananas and cut into 1-inch sections.</li> <li>2. Place banana in a Ziploc bag and freeze for several hours, until solid.</li> <li>3. Blend bananas in batches in a food processor or blender until smooth and creamy (~3 minutes).</li> <li>4. Next, add peanut butter and vanilla and process for 1 minute. <i>*Here is where you can add any other fruit!</i></li> <li>5. Eat immediately for soft serve or place container in the freezer for ~30 minutes until ice cream hardens.</li> </ol> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Amount Per Serving</th> <th style="text-align: left;">% Daily Values*</th> <th style="text-align: left;">Amount Per Serving</th> <th style="text-align: left;">% Daily Values*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 6.3g</td> <td><b>10%</b></td> <td><b>Potassium</b> 572mg</td> <td><b>16%</b></td> </tr> <tr> <td>Saturated Fat 1.3g</td> <td><b>7%</b></td> <td><b>Sodium</b> 39.3mg</td> <td><b>2%</b></td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> <td><b>Total Carbohydrate</b> 33g</td> <td><b>11%</b></td> </tr> <tr> <td>Polysaturated Fat 1.5g</td> <td></td> <td>Dietary Fiber 4.3g</td> <td><b>17%</b></td> </tr> <tr> <td>Monounsaturated Fat 2.7g</td> <td></td> <td>Sugars 17g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td><b>0%</b></td> <td><b>Protein</b> 4g</td> <td><b>8%</b></td> </tr> <tr> <td>Vitamin A 0.1%</td> <td>Vitamin C 19.3%</td> <td>Calcium 1.2%</td> <td>Iron 3.3%</td> </tr> </tbody> </table> </div>	3	Ripe Bananas	2 TBSP	Peanut Butter	1 tsp	Vanilla extract	1/2 cup	Fresh fruit for topping	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	<b>Total Fat</b> 6.3g	<b>10%</b>	<b>Potassium</b> 572mg	<b>16%</b>	Saturated Fat 1.3g	<b>7%</b>	<b>Sodium</b> 39.3mg	<b>2%</b>	Trans Fat 0g		<b>Total Carbohydrate</b> 33g	<b>11%</b>	Polysaturated Fat 1.5g		Dietary Fiber 4.3g	<b>17%</b>	Monounsaturated Fat 2.7g		Sugars 17g		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 4g	<b>8%</b>	Vitamin A 0.1%	Vitamin C 19.3%	Calcium 1.2%	Iron 3.3%	<p><b>Culinary/ Nutrition Notes for Demo:</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle;"><b>1</b></td> <td> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>The classic combination of bananas and peanut butter makes a great taste, texture and even fiber.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Although this recipe is high in sugar, all the sugars are naturally occurring and come from the fresh fruit in the recipe.</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>2</b></td> <td> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Switch out the peanut butter for almond butter for a different flavor or if you are allergic to peanuts.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>The peanut butter adds healthy fats that are often not found in normal ice creams.</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>3</b></td> <td> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>4</b></td> <td> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>5</b></td> <td> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul> </td> </tr> </table>	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>The classic combination of bananas and peanut butter makes a great taste, texture and even fiber.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Although this recipe is high in sugar, all the sugars are naturally occurring and come from the fresh fruit in the recipe.</li> </ul>	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Switch out the peanut butter for almond butter for a different flavor or if you are allergic to peanuts.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>The peanut butter adds healthy fats that are often not found in normal ice creams.</li> </ul>	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul>	<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul>	<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul>
3	Ripe Bananas																																																		
2 TBSP	Peanut Butter																																																		
1 tsp	Vanilla extract																																																		
1/2 cup	Fresh fruit for topping																																																		
Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*																																																
<b>Total Fat</b> 6.3g	<b>10%</b>	<b>Potassium</b> 572mg	<b>16%</b>																																																
Saturated Fat 1.3g	<b>7%</b>	<b>Sodium</b> 39.3mg	<b>2%</b>																																																
Trans Fat 0g		<b>Total Carbohydrate</b> 33g	<b>11%</b>																																																
Polysaturated Fat 1.5g		Dietary Fiber 4.3g	<b>17%</b>																																																
Monounsaturated Fat 2.7g		Sugars 17g																																																	
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 4g	<b>8%</b>																																																
Vitamin A 0.1%	Vitamin C 19.3%	Calcium 1.2%	Iron 3.3%																																																
<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>The classic combination of bananas and peanut butter makes a great taste, texture and even fiber.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Although this recipe is high in sugar, all the sugars are naturally occurring and come from the fresh fruit in the recipe.</li> </ul>																																																		
<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Switch out the peanut butter for almond butter for a different flavor or if you are allergic to peanuts.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>The peanut butter adds healthy fats that are often not found in normal ice creams.</li> </ul>																																																		
<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul>																																																		
<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul>																																																		
<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul>																																																		

<b>Clean-up/Review comments</b>
<p><b>Culinary:</b> Click here to enter text.</p> <p><b>Nutrition:</b></p>

<b>Materials</b>	<b>Shopping List</b>
------------------	----------------------

<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 Chef's knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 serving dish for final presentation</li> <li>5. mise en place cups</li> <li>6. 1 electric skillet</li> <li>7. 1 can opener</li> <li>8. 1 strainer/ sieve</li> <li>9. silicone spatula</li> <li>10. measuring cups</li> <li>11. measuring spoons</li> <li>12. paper plates/ cups/ soufflé cups</li> <li>13. tasting spoons</li> <li>14. paper towels</li> <li>15. tablecloth</li> <li>16. kitchen towel</li> <li>17. gloves</li> <li>18. copies of recipe</li> <li>19. Ziploc bags</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li>• 3 bananas</li> <li>• Fresh fruit</li> </ul> <hr/> <p><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Peanut butter</li> <li><input type="checkbox"/> Vanilla extract</li> <li><input type="checkbox"/></li> </ul> <hr/> <p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/></li> </ul> <p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Click here to enter text.</a></li> </ul>
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the onion, garlic, celery, spinach, tomatoes and cilantro intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation: 1 hour</b></p>	