

Banana Peanut Butter Ice Cream

3 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 3 ripe bananas
- 2 Tablespoons peanut butter
- 1 teaspoon vanilla extract
- ½ cup fresh fruit

DIRECTIONS

1. Peel bananas and cut into 1" sections.
2. Place banana in a Ziploc bag and freeze for several hours, until solid.
3. Blend bananas in batches in a good processor or blender until smooth and creamy, about 3 minutes.
4. Add peanut butter and vanilla and process for 1 minute.
5. Top with fresh fruit
6. Eat immediately for soft serve or place container in the freezer for about 30 minutes until ice cream hardens.

Nutrition Facts

3 servings per container

Serving size 1 cup

Amount per serving

Calories 170

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 30g 11%

Dietary Fiber 3g 11%

Total Sugars 16g

Includes 1g Added Sugars 2%

Protein 4g

Vitamin D 0mcg 0%

Calcium 11mg 0%

Iron 0mg 0%

Potassium 484mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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