



CHOCOLATE PEANUT BUTTER BANANA ICE CREAM

ingredients:

- 2 chopped bananas, frozen
- 1 1/2 Tablespoon cocoa powder
- 2 teaspoon powdered peanut butter
- 1 Tablespoon skim milk

directions:

1. In a food processor, combine frozen banana pieces, cocoa powder, and powdered peanut butter. Process until creamy.
2. Add the milk and process for another 30 seconds.
3. Serve immediately, or for a firmer ice cream, store in the freezer in an airtight container for at least 1 hour.

Yield: 2 servings

Nutrition Information Per Serving:

126 Calories
1 gram Fat
0 grams Saturated Fat
0 mg Cholesterol
21 mg Sodium
30 grams Carbohydrates
4 grams Fiber
3 grams Protein

Food exchanges:
2 fruit, 1/2 protein



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