

Peanut Butter Banana Chocolate Soft Serve Ice Cream

This frozen dessert is delicious and easy to make. The banana adds lots of potassium, vitamin C, vitamin B6 and manganese. Serve with fresh fruit or a few nuts and enjoy! *Vegan / Vegetarian friendly.

Prep: 5 minutes • Total: 5 minutes

Ingredients:

Banana, chopped and frozen	1 each	1 each
Cocoa powder	1 Tbsp	15 mL
Peanut Butter, natural	1 Tbsp	15 mL

Directions:

- 1. Combine frozen banana chunks, cocoa powder and peanut butter in a food processor and process for 3-5 minutes. The mixture should be smooth and creamy.
- 2. Serve immediately.

Nutrition Facts

Serving Size (154g) Servings Per Container

Amount Per Ser	ving			
Calories 200) Calo	ries from	Fat 120	
% Daily Value*				
Total Fat 13g	3		20%	
Saturated	Fat 5g		25%	
Trans Fat	0g			
Cholesterol	155mg		52%	
Sodium 230	mg		10%	
Total Carbol	hydrate	6g	2%	
Dietary Fit	per 1g		4%	
Sugars 3g				
Protein 14g				
Vitamin A 15	% •	Vitamin (15%	
Calcium 20%		Iron 6%		
*Percent Daily Values are based on a 2,000 calorie dist. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

Adapted from: www.peacethroughhealth.ca

Fat 9 · Carbohydrate 4 · Protein 4

Calories per gram:

Makes 2 servings (70g / serving) • 1 serving = 1 small bowl

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