

Banana Peanut Butter Cup Blend

(Creamy popsicles, ice cream)

PREP TIME: 5 MINS

YIELDS: 2-3 CUPS

Ingredients

- 2 bananas, ripe
- 2 tablespoons unsweetened cocoa powder
- ½ cup peanut butter, creamy
- 1 cup milk, heavy cream, or water

Qualities

Texture: Liquid/Thick

Scent : 2/10

Spice Level: 0/10

Recipe Benefits

- Promotes Gut Health
- Anti-nausea
- Anti-inflammatory
- High-calorie
- Low sodium



Nutrition Content for 1 Cup (based on using whole milk)

Calories: 377kcal Carbohydrates: 33g
Fat: 24.5g Fiber: 6.2g
Protein: 14.3g Added sugar: 0g
Sodium: 34.2mg

Directions

1. Blend all together, then serve as a smoothie, create popsicles, or churn into an ice cream.

Chef Tips/Adjustments

- Adjust liquid volume to create a thicker or a thinner texture.
- Ice cream can be made by using an ice cream maker.
- Other nut butters can be used or made nut free by using sunflower butter.
- Sweetness of recipe will depend on how ripe the bananas are. If a sweeter taste is desired or if bananas are not that ripe, add honey, sugar, or use a sweetened milk as the liquid.

