

PEANUT BUTTER (CHOCOLATE BANANA NICE CREAM

ALL YOU NEED:

- 1 ripe banana
- 1 tbsp natural peanut butter
- ¼ tsp of vanilla
- 1 tsp cocoa powder

Serves: 1

Serving Size: ½ cup



ALL YOU DO:

1. Peel and slice banana into small ½-inch coins. Place banana coins on baking sheet and freeze for about an hour.
2. Transfer the banana coins, peanut butter, vanilla, and sea salt together into a strong blender and blend until you have an ice cream consistency.
3. Scoop and serve!

TIP: If your blender is having trouble blending, the frozen bananas try adding 1-2 tbsp of water or milk of your choice to help it blend better. Or you can wait a little bit for the bananas to soften, then try again.

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