

Peanut Butter Banana “Soft Serve Ice Cream”



This creamy, healthy version is great if you need a sweet-tooth fix without all the added sugar of traditional ice cream.

Although Thomas commented, “This isn’t ice cream,” it didn’t stop him from devouring it. :)

Makes 3 servings.

Ingredients:

3 frozen bananas
1/4c natural peanut butter
1/4c almond milk
1 scoop protein powder (chocolate or vanilla works best)
Dash of cinnamon

Directions:

1. Break up the bananas, and using a food processor or blender, pulse until well broken-up. Alternatively, you could smash the bananas with a meat pounder and then put them in the processor/blender.
2. Add the peanut butter and milk and blend until smooth.
3. Once it’s smooth, add in the protein powder and a dash of cinnamon and blend again until combined.
4. Serve and enjoy!