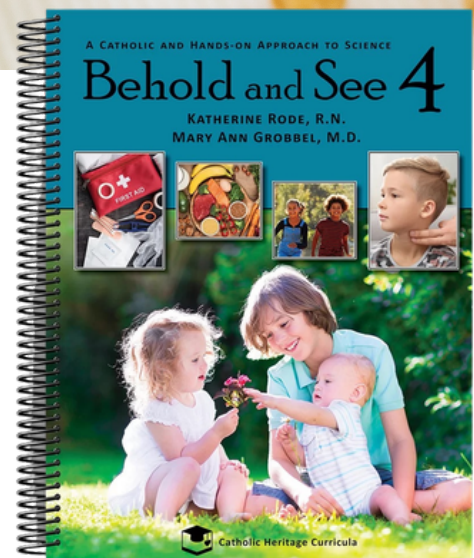




Peanut Butter Banana Nice Cream

Peanut Butter Banana “Nice Cream” is an easy, healthy dessert that tastes almost exactly like ice cream! This recipe is from:

Behold and See 4: Human Anatomy and Health. (bit.ly/chc-bas4)



Ingredients

- 4 very ripe bananas, peeled and frozen in large chunks
- ¼ cup of peanut butter
- a few tablespoons of milk (optional)

Chocolate Nice Cream

Add ¼ cup cocoa powder and decrease the peanut butter to 2 tablespoons.

Instructions

Blend the ingredients in a food processor until smooth. If your food processor has trouble processing the bananas, add a few tablespoons of milk to the mixture. Serve immediately as “soft-serve” nice cream, or freeze for about 2 hours until it is firm enough to scoop into cones. Makes four servings.