



Banana Blitz “Ice Cream” with Peanuts and Chocolate Chips

- 4 ripe frozen bananas, cut into chunks
- 4 Tablespoons natural crunchy peanut butter with flaxseeds
- 2 (6 ounce) containers low fat natural yogurt
- 2 to 3 Tablespoons mini dark chocolate chips

Place the frozen banana chunks in food processor; process into small frozen crumbles. Add peanut butter and yogurt; process until soft smooth “ice cream” is formed. Stir in desired chocolate chips. Place in freezer container until serving. Serve as an ice cream dessert, plain scoops or topped with fresh fruits like bananas, pineapple, or mango with a fruit berry drizzle and sprinkle of chopped coconut. Yield: about 3 cups
Serves: About 4

About the Recipe: Wow! It’s So Easy to Make! It’s a dessert that is delicious and good for you too. The fresh banana flavor blends with a touch of natural chunky peanut butter and creamy pineapple yogurt. It’s like a trip to the tropics! It does melt quickly, so store in the freezer until serving. Serve in scoops in dessert glasses or as a fresh fruit sundae.

Cook's Note: Recipe can be prepared with different nut butters as well as various flavors of yogurt. Added chocolate chips are optional.
Have fun with this recipe and Make it Your Way!

It's so versatile that it can even be used as a sauce by just letting it melt and spooning it over your fruit or dessert.