



Frosty Banana Split Iced Cream

Uses Frozen Bananas to Make Cool Dessert

4 peeled frozen ripe bananas in chunks
2 Tablespoons almond butter
1 teaspoon vanilla extract
1/2 cup sliced fresh ripe strawberries
1 Tablespoon unsweetened cocoa
1 Tablespoon dark or semi-sweet mini chips

Garnish for Serving:

Melted dark chocolate, Sliced Banana, Fresh Strawberries

*Use organic ingredients if available

Place frozen banana chunks, almond butter, and vanilla in food processor; process until creamy and smooth. Remove 1 cup to medium sized bowl; set aside.

Place strawberries into food processor or blender; pulse leaving some strawberry bits in cream. Remove to 2 to 3 cup freezer container; smooth into even layer.

Stir cocoa and mini chips into reserved banana cream; drop by spoonfuls over the strawberry layer; lightly swirl mixtures. Smooth top; place in the freezer for 2 to 3 hours or until ice cream texture firms. If mixture becomes too hard; let soften about 15 minutes before serving.

Serve in ice cream cones or spoon into dessert cups. If desired, drizzle some melted dark chocolate over the scoops and top with sliced fresh bananas and strawberries for an old-fashioned banana split. It's always summer at our house. Serves: 4 to 6 servings

Recipe Inspired by: *The How Not to Die Cookbook* by Michael Greger, M.D.; 2017

Cook's Note: Whenever I have too many ripe bananas, I unpeel each one; cut them into chunks and place each banana into a small freezer bag. Then I store all of my frozen bananas in one large freezer bag. I'm always ready to prepare a quick dessert or smoothie.

About the Recipe: Step up to a healthier dessert by using frozen bananas to make this frosty cream dessert. Serve it in a cone or make it into a banana split sundae. So yummy!