



Frosty Banana Peanut Ice Cream

It only takes about 5 minutes to make!

2 frozen bananas, sliced
4 Tablespoons skinless roasted peanuts
2 teaspoon cocoa nibs

Place all the ingredients into a food processor; process to chop; then at high speed, blend until combined and well mixed. Make sure to scrape down the sides of the bowl. It will form into a mixture that forms into scoops. Yield: 4 scoops

Cook's Note: Double the recipe for additional ice cream scoops. Also, make sure that you freeze your bananas. For each banana: I peel the ripe banana, break it in half; place and seal it in a small plastic bag. Discard the banana peel. Place all the individual bags of bananas into a large bag,

removing as much air as possible from the bag. Then you always have some frozen bananas to make frosty ice cream.

About the Recipe: If you want to have some instant “ice cream” to go with that piece of cake, try this recipe. It turns into a frosty creamy mixture with bits of peanuts and crunch of cocoa nibs in about 5 minutes or less. But just like the Girl Scouts always said, “Be Prepared” and have a bag of frozen bananas in your freezer.