



# Chocolate Peanut Butter Banana Ice Cream

## Ingredients:

- 2 large frozen bananas
- 2 tablespoons cocoa powder
- 2 tablespoons natural smooth peanut butter
- ½ teaspoon vanilla
- ½ teaspoon cinnamon
- pinch of salt
- 1 cup coconut flakes

## Instructions:

1. Combine all ingredients in a food processor and slowly pulse for seconds at a time until mixture is smooth and creamy.
2. Serve immediately or freeze in an air-tight container in the freezer.
3. Sprinkle ¼ cup of coconut flakes as a garnish.

## Variations:

- Use natural chunky peanut butter for the same flavor but different consistency!
- Don't like coconut? Garnish with a few fresh banana slices and/or peanuts!

**Prep Time:** 5 minutes

**Equipment:**  
food processor

**Servings:** 4  
**Serving Size:** ½ cup?



**Nutrition Facts:** 250 Calories, 14 g Fat, 9 g Saturated Fat, 48 g Carbohydrates, 5 g Protein, 5 g Fiber, 18 g Sugar, 180 mg Sodium.

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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