

Peanut Butter Frozen Banana Nice Cream

A treat to have after lunch or dessert later in the day. You can eat this fluffy textured, refined sugar free whole bowl yourself. Frozen bananas provide excellent sweetness.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 5 mins

Cooking time: 0 mins

Category: Desserts

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Banana, fresh	2 small - 6" to 6 7/8" long
Dates, dried	1 each
Peanut butter, unsalted	1 tablespoon
Water	0.25 cup
Ice or ice cubes	3 ice cubes
Organic cacao nibs	0.3 x 3 tbsp

Instructions

Use a high-speed blender to blend up 2 frozen bananas and rest of the ingredients. Start with less than 1/8 cup of water, only add more if you need. The consistency should be like ice cream.

Feel free to add 1 tbsp of cacao nibs on top for added crunch. This is optional.