



## **BLENDER BANANA ICE CREAM**

**Final Lifestyle**

### **Ingredients**

5 frozen bananas, roughly chopped  
1/3 cup or almond butter  
1/3 cup chocolate chips  
4 tsp cocoa powder

### **Instructions**

1. Whenever your bananas are overripe, peel them, place in a container and freeze. You can freeze the bananas a few hours before you are ready to make the ice cream or even weeks ahead of time. When you are ready to make the ice cream, just take the bananas out of the freezer, roughly chop and add half to your blender or food processor.
2. Add the almond butter, chocolate chips and cocoa powder to the blender; then add the rest of the bananas.
3. Secure the lid on the blender, and pulse the mixture, stopping to occasionally scrape down the bananas from the sides. It may not look like the mixture will never blend, but after a few minutes, everything will come together.
4. When the mixture starts to become creamy, continue to blend without scraping down the sides until the consistency looks like soft-serve ice cream.

At this point, you can just eat the creamy ice cream or you can place it in the freezer to eat later. If you decide to freeze for later, just leave the ice cream on the counter for a few minutes to soften up before chowing down.

### **Portion-Per-Serving Information** (Yields 4-6 servings)

Serving = 1/2 cup = 1 FR, 1 FT