

Chocolate PB Protein Nice Cream

Web Recipe · Dessert · GF

250 cal · 16g protein · 32g carbs · 8g fat · 2 servings

Ingredients

- 3 medium ripe bananas frozen and sliced
- 2 tbsp cocoa powder
- 2 tbsp powdered peanut butter PB2
- 1 scoop vegan chocolate protein powder
- 3-4 tbsp unsweetened almond milk

Instructions

1. Peel and slice bananas, then freeze on a parchment-lined tray for at least 4 hours (or overnight).
2. Add frozen banana slices, cocoa powder, powdered peanut butter, protein powder, and almond milk to a food processor.
3. Process until thick and creamy (ice cream consistency), scraping down sides as needed. Add milk 1 tablespoon at a time.
4. Serve immediately for soft-serve texture, or transfer to a container and freeze 1-2 hours for firmer scoops.

Generated by Meal Planner · Per serving macros