FIXATE®
A FIX-APPROVED COOKING SHOW

BANANA PEANUT BUTTER CHOCOLATE CHUNK ICE CREAM

GF **V** **VG**

SERVES: 4 (approx. ¼ cup each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ▢ 1   ⬬ 3½

3	ripe medium bananas, cut into chunks
3 Tbsp.	all-natural peanut butter
1 to 2 Tbsp.	unsweetened almond milk (optional)
4 tsp.	chopped dark chocolate
4 tsp.	sliced raw almonds

1. Place bananas in plastic bag; freeze for 4 hours, or until completely frozen.
2. Place bananas and peanut butter in blender (or food processor); cover. Blend until smooth. Add almond milk, if needed, for creamier texture.
3. Divide ice cream evenly between four serving bowls; top evenly with chocolate and almonds.
4. Serve immediately.

TIP:

If you are preparing ice cream ahead of time and freezing it for later, make sure to transfer it to the refrigerator for 10 to 20 minutes or until soft enough to scoop.

NUTRITIONAL INFORMATION (per serving): Calories: 182 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 57 mg Carbohydrates: 25 g Fiber: 4 g Sugars: 13 g Protein: 5 g

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.