

Healthy Chocolate Chip Banana “Ice Cream”

Servings: 3 Prep Time: 10 minutes Total Time: 10 minutes Adapted From: *Eating Bird Food Blog*

Ingredients:

3 frozen ripe bananas, chopped into chunks
1/4 cup skim chocolate milk or non-dairy alternative
1 tbsp. smooth peanut butter
1/2 tbsp. cocoa powder or cacao powder
2 tbsp. mini chocolate chips or 1 tbsp. raw cacao nibs

Directions:

1. Place bananas, chocolate milk, peanut butter and cocoa powder into a food processor.
2. Process all ingredients until smooth and creamy.
3. Stir in chocolate chips or cacao nibs.
4. Serve immediately as a soft serve or for a firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour.

Nutrition Information per Serving: 188 calories, 5.3g total fat, 2g saturated fat, 3.9g protein, 35g carbohydrate, 3.8g fiber, 16mg sodium



Nutrition Tip:

Try using cacao nibs in place of chocolate chips to boost the nutrient content! Cacao nibs are pure chocolate without any added sugar. They are an excellent source of antioxidants, fiber, iron and magnesium. On their own, they are quite bitter, but taste great with natural sugars from the bananas!