



Cocoa Banana Ice Cream

Yield: 1 serving

Cost Per Serving: N/A

Cook Time: 5 minutes

Ingredients:

- 1 banana (chopped & frozen)
- 1 ½ tsp cocoa powder
- 14 dry roasted salted peanuts

Directions:

1. Place banana and cocoa powder in food processor.
2. Process on and off several times until creamy, stir in the peanuts, and serve immediately.

Recipe adapted from: Tufts University Health and Nutrition Letter