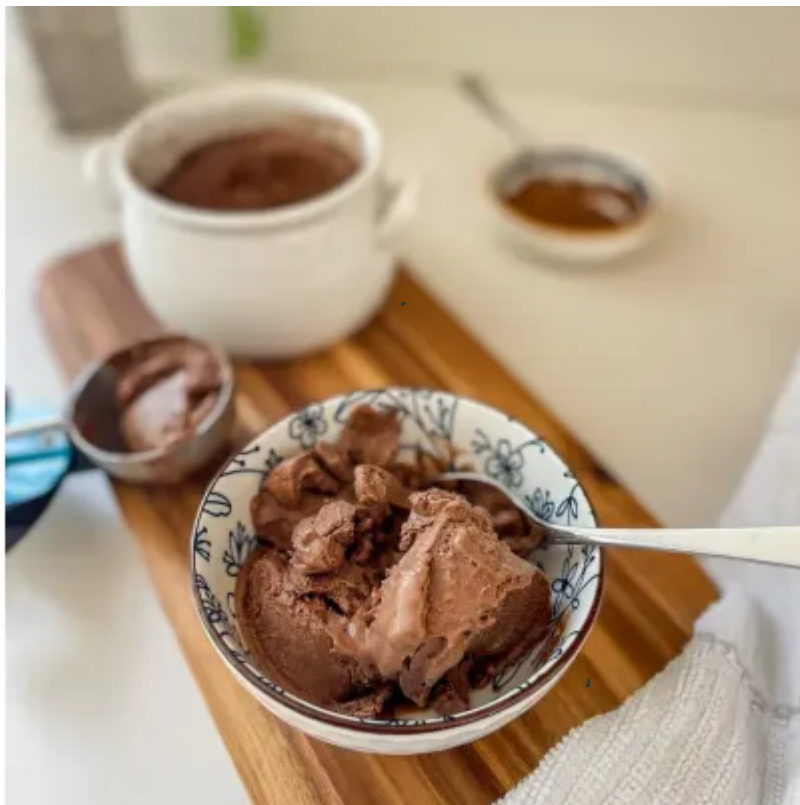


Chocolate and Peanut Butter Nice Cream



Have you ever heard of nice cream? It's a great alternative to ice cream that uses frozen banana as the base ingredient. A quick and easy recipe that's perfect for [hot summer days](#) when you're craving a frozen dessert. Ready in a flash, this snack is as delicious as it is filling. Get out your food processor—it's time to treat yourself!

Preparation 5 min

Cooking 0 min

Waiting 0-60 min

Servings 4

Nutrition Facts (per serving)

Calories 160

Fat 9

Carbohydrates 19

Fibre 3

Protein 5

Sodium 75

Ingredients

- 2 frozen bananas, cut into large chunks
- 60 ml (1/4 cup) unsweetened soy beverage
- 60 ml (1/4 cup) peanut butter*
- 30 ml (2 tbsp) cocoa powder

Preparation

1. Place all ingredients in a food processor.
2. Blend for about 1 minute, scraping the sides with a spatula, until smooth and creamy.
3. Serve immediately for a soft-serve texture, or freeze in an airtight container for 1 hour for a firmer consistency.

Notes

Keeps for 3 days in the freezer in an airtight container.

*For a nut-free version, replace the peanut butter with sesame butter (tahini).



Brianna McFadden – Nutritionniste Diététiste à Blainville et Prévost
Registered Dietitian Nutritionist in Blainville and Prevost