Chocolate Banana Ice Cream This healthy spin on a classic dessert is a quick, easy end to your meal! Try adding peanut butter,

rasberries, or your favorite mix-ins to create your own flavors!

Serves 4



Ingredients

- 3 bananas
- 2-3 tablespoons cocoa powder
- 1 teaspoon vanilla extract

Nutrition Facts

Servings Per Recipe 4

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Amount Per Se	rving		
Calories 15	0 Cal	ories fron	n Fat 45
	•	% Da	ily Value*
Total Fat 5g		8%	
Saturated Fat 3g 15%			
Trans Fat 0g			
Cholesterol 35mg 12%			
Sodium 180mg 85			8%
Total Carbohydrate 22g 7%			
Dietary Fiber 1g 4%			
Sugars 9g			
Protein 5g			
Vitamin A 49	6 •	Vitamin (0%
Calcium 159	6 •	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol Sodium	Less than Less than	300mg 2,400mg	300mg 2,400mg
Total Carbohydra		300g	375g
Dietary Fiber	****	25g	30g
Calories per gram: Fat 9 • Carbohydrafe 4 • Protein 4			

Please note: nutritional values are approximate.

Directions

- 1. Add all ingredients to a blender.
- 2. Blend until smooth.
- 3. Serve immediately and enjoy!

