

Cocoa Banana Ice Cream

Makes 1 serving

Ingredients:

- 1 banana, cut into small pieces, placed in a plastic bag, and frozen
- 1 ½ tsp cocoa powder
- 14 dry roasted salted peanuts

Steps:

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

Nutrients per serving:

Calories: 193

Total Fat: 7 gm

Total Carbohydrate: 32 gm

Dietary Fiber: 5 gm

Protein: 5 gm

Recipe from: Tufts University Health and Nutrition Letter

www.nutritionletter.tufts.edu