

Peanut Butter and Banana Nice Cream

Serves: 1-2

Ingredients:

3 ripe Bananas, peeled
2 ounces Peanut Butter

Equipment Needed:

Food processor or blender
Baking Spatula

Directions:

Peel 3 ripe bananas and place them into the freezer for 2 hours.

Add all ingredients into a food processor or blender and blend until smooth. Scrape down the bowl if necessary. Enjoy!

NOTES: Depending on your blender/food processor, your nice cream may become too soft. If that happens, just pop it in the freezer for 10 minutes. If you have a hard time creating a creamy consistency, you can add 1-2 tablespoons of cashew milk.



A Pound of Cure
Dr. Matthew Weiner