

# Kate's New Favorite Ice Cream

*Kate revealed her special bond with her dad was over ice cream!*

## INGREDIENTS

4 medium peeled frozen bananas (about 3½ ounces each)  
3 tablespoons natural peanut butter  
¼ cup unsweetened cocoa powder,  
or to taste

### *Cook's Note*

If you want the banana flavor to shine through, use just 2 tablespoons of cocoa powder. If you're like me and prefer this dessert to more closely resemble chocolate ice cream, use up to 4 tablespoons.

### *Makes 4 Servings*

Each (½ cup) serving has: 170 calories, 7 g fat, 1.3 g saturated fat, 0 trans fat, 0 cholesterol, 45 mg sodium, 520 mg potassium, 28 g carbohydrate, 5 g fiber, 13 g sugars, 5 g protein, 105 mg phosphorus

Recipe compliments of Devin Alexander from "You Can Have It!" copyright 2018, American Diabetes Association.  
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## INSTRUCTIONS

Break the bananas into a few pieces and place them in the bowl of a food processor fitted with a chopping blade. Add the peanut butter, then sprinkle the cocoa powder over the bananas.

Process the mixture on high, stopping the machine and scraping down the sides of the bowl as needed. It will take at least a few minutes for the bananas and cocoa powder to fully incorporate and become thick and creamy like ice cream. (Stick with it. The payoff is chocolate peanut butter decadence!)

Divide the mixture among 4 martini glasses, heart shaped ramekins, or other small bowls and enjoy immediately.



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