



# RECIPES

## Peanut Butter Banana Ice Cream

### INGREDIENTS:

3 large, ripe bananas  
3 tablespoons peanut butter  
¼ tsp vanilla extract  
A dash of cinnamon  
Milk or water, to thin as needed

### INSTRUCTIONS:

1. Cut the bananas into small chunks and freeze until solid, at least 1-2 hours. Transfer bananas to food processor or powerful blender. Blend until thick, creamy ice cream mixture is formed. If needed, add small amounts of milk or water to help blend.
2. Add peanut butter, vanilla extract and cinnamon and blend until mixed.
3. Serve immediately. You can save ice cream in freezer for later but it does lose some of its creamy consistency.

Serves: 3

*For more recipes, visit [wjmc.org/recipes](http://wjmc.org/recipes)  
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Adapted From : <http://pinchofyum.com/peanut-butter-banana-ice-cream>

