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

Serving Size (98g)
Servings Per Recipe 4

Amount Per Serving	
Calories 150	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 180mg	**8%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 1g	**4%**
Sugars 9g	
Protein 5g	
Vitamin A 4% •	Vitamin C 0%
Calcium 15% •	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	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 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!

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