

Strawberry Banana Ice Cream

3 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in a food processor or blender. Blend until a creamy consistency forms. Enjoy it before it melts!

Ingredients

- 1/4 cup** Frozen Banana
- 1 cup** Frozen Strawberries
- 2 tbsps** Unsweetened Almond Milk

Chocolate Peanut Butter Banana Pops

5 ingredients · 1 hour 30 minutes · 10 servings



Directions

1. Line a baking sheet with parchment paper.
2. Slice bananas into 1/2 inch thick rounds. Use a butter knife to spread peanut butter onto half of the banana slices. Place the remaining banana slices on top to create a sandwich. Transfer to the baking sheet.
3. Hold the sandwiches firmly on both sides with one hand and insert popsicle sticks through the middle of the top of each sandwich so they are sticking up vertically. Place in the freezer and let harden for ~30 minutes.
4. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Use a spatula to transfer all the chocolate into a small cup (note: this makes it easier for dipping).
5. Remove the bananas from the freezer and dip them one-by-one into the melted chocolate. Feel free to double dip if you have leftover chocolate. (If you are sprinkling with any toppings, do so quickly while the chocolate is still wet.)
6. Place the pops back onto the baking sheet with the popsicle sticks sticking up vertically. Place back in the freezer until chocolate is hardened (about 30 to 60 minutes). Enjoy right away or store in an airtight container for later.

Notes

No Peanut Butter

Use any type of nut butter, raw honey or Strawberry Chia Jam.

Optional Toppings

After dipping in dark chocolate, immediately sprinkle with toppings of choice like chopped nuts, shredded coconut or cacao nibs.

Bigger Pops

Slice the bananas into thicker rounds.

Ingredients

- 2 Banana (large, ripe)
- 1/4 cup All Natural Peanut Butter
- 10 Popsicle Sticks
- 3 1/2 ozs Dark Chocolate (at least 70% cacao)
- 1 1/2 tsps Coconut Oil

No Popsicle Sticks

Skip the popsicle sticks and make Chocolate Peanut Butter Banana Bites instead.

Yogurt Banana Split

5 ingredients · 5 minutes · 1 serving



Directions

1. Stir together the yogurt and peanut butter in a small bowl.
2. Place the banana halves onto a plate. Top with the yogurt mixture, maple syrup, and dark chocolate. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use coconut yogurt.

Nut-Free

Use tahini, sunflower seed butter or pumpkin seed butter, or omit the peanut butter.

Additional Toppings

Add fresh fruit, chopped nuts, shredded coconut, or sprinkles.

Ingredients

1/2 cup Plain Greek Yogurt

1 tbsp All Natural Peanut Butter

1 Banana (sliced in half lengthwise)

1 1/2 tsps Maple Syrup

1/2 oz Dark Chocolate (at least 70% cacao, chopped)

Peach Sorbet

3 ingredients · 35 minutes · 2 servings



Directions

1. Let the peaches thaw for five minutes before placing them into a food processor with the water and maple syrup. Blend until smooth. Transfer to a bowl and freeze for 30 to 35 minutes or longer for a firmer texture.
2. Scoop into bowls and enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month. Thaw for 15 to 20 minutes before serving.

Serving Size

One serving is approximately 3/4 cup.

No Maple Syrup

Use honey instead.

Ingredients

3 cups Frozen Peaches

1/3 cup Water

3 tbsps Maple Syrup

Chocolate Banana Ice Cream

2 ingredients · 5 minutes · 2 servings



Directions

1. Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Double Chocolate

Stir in dark chocolate chips right after processing.

More Creamy

Add 2 tbsp coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Leftovers

Freeze in an airtight container for up to three months.

Ingredients

2 Banana (sliced and frozen)

2 tbsps Cocoa Powder