

Fixate Chunky Monkey Ice Cream

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Ingredients for Fixate Chunky Monkey Ice Cream:

- 3 ripe medium bananas, cut into chunks
- 3 Tablespoons all-natural peanut butter
- Unsweetened almond milk (optional)
- 4 teaspoons chopped dark chocolate
- 4 teaspoons sliced raw almonds



What You Do for Fixate Chunky Monkey Ice Cream:

1. Place bananas in plastic bag; freeze for 4 hours, or until completely frozen.
2. Place bananas and peanut butter in blender (or food processor); cover. Blend until smooth. Add 1 to 2 Tbsp. almond milk, if needed, for creamier texture.
3. Divide ice cream evenly between four serving bowls; top evenly with chocolate and almonds.
4. Serve immediately.

Container Equivalents- 1 Purple + 3 1/2 teaspoons

Nutritional Information:

Total Fat: 9 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 57 mg

Carbohydrates: 25 g

Fiber: 4 g

Sugars: 13 g

Protein: 5 g