

“Cookie Dough” Banana Ice Cream

Sometimes we just need some sweets. This recipe is packed with sweetness and “cookie dough” in every bite. Don’t worry- your health is still a top priority. The ice cream is soft served made with frozen bananas, almond milk, maple syrup and “cookie dough” created with cashew butter, flour, syrup, and chocolate chips.

Ingredients:

Cookie Dough Bites

2 tbsp Cashew butter (you can use any nut butter really)
 2 ½ tbsp Flour (I used a whole wheat flour)
 1 tbsp Maple syrup
 1 tbsp Mini chocolate chips

Ice Cream

4 cups Frozen sliced bananas (about 3-4 bananas)
 1 tsp Ground cinnamon
 1 tbsp Stevia
 1 cup Unsweetened vanilla almond milk
 10 total Cookie dough bites (from above)

Directions:

1. Prepare cookie dough bites by combining all the “Cookie Dough Bites” ingredients together. Mix until a dough-like texture is created. Use ½ a teaspoon to scoop dough into little balls. This will equate to about 20 cookie dough bites. Place on a plate and cover. Transfer to the freezer while you are making the ice cream.
2. To prepare the ice cream, first slice the bananas and place on a large baking sheet lined with parchment paper. Place in the freezer for 1-2 hours or until bananas are frozen.
3. Remove bananas from freezer and place in a food processor, along with the cinnamon, stevia and a ½ cup almond milk. Puree at a high speed. Pause and scrape the sides of the processor to ensure all components are pureed. Keep adding splashes of almond milk, pureeing, and scraping down sides until the creamy texture of your choice is reached.
4. Once creamy, thick texture is reached add 10 cookie dough bites into the food processor with the ice cream. Pulse for 30 seconds.
5. OPTION: you can either serve immediately with 2-3 cookie dough bites on top OR transfer to a container then to the freezer - allowing the ice cream to harden more.

Servings: 4 servings topped with 2-3 cookies dough bites
 Serving size: 1 serving (1/4th the whole recipe)

Cookie Dough Banana Ice Cream		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	212.2	
	% Daily Value*	
Total Fat	6.3 g	8 %
Saturated Fat	1.7 g	9 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	45.6 mg	2 %
Total Carbohydrate	39.4 g	14 %
Dietary Fiber	4.6 g	16 %
Total Sugars	19.8 g	
Added Sugars	3 g	6 %
Protein	3.8 g	
Vitamin D	0.6 mcg	3 %
Calcium	140 mg	11 %
Iron	1.3 mg	7 %
Potassium	508.7 mg	11 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com </>