

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chunky Monkey Ice Cream

From www.realmomkitchen.com adapted from Claire Robinson on "5 Ingredient Fix"

This ice cream is super simple, fast, REALLY good, and made from frozen bananas! Everybody in the family loved this one! There are many variations you could make. A few are listed at the bottom.

- 2 ripe bananas (just depends on their size)
- 1 Tbs creamy peanut butter
- 1 Tbs honey
- 1/4 cup chopped walnuts
- 1 Tbs mini chocolate chips (optional)

Instructions

1. Slice bananas into 1/2 inch slices and place on a small cookie sheet and freeze for 1 hour.
2. Put the frozen banana slices into your food processor and puree until creamy. You can scrape down the sides if needed. Don't worry, it does take a few minutes for it to get all creamy, but it will happen.
3. Add the peanut butter and honey. Puree until mixed in. Then fold in the nuts and chocolate chips and enjoy or place in a container in the freezer.

Note: You can add the nuts with the peanut butter and honey if you would prefer to puree them.

Other variations:

Almond version - use almond butter instead of peanut butter, and add in chopped almonds

Strawberry version - add 1/2 to 1 cup frozen strawberries for each banana and a little coconut milk if needed.

Banana Peanut Butter - make like the chunky monkey, minus the nuts and chocolate chips and add a little more peanut butter

Banana Maple - add a Tbs or two of maple syrup

Banana Chocolate - add 2 tsp of cocoa powder

Banana, PB and Chocolate - make the banana chocolate version and add 2 Tbs of peanut butter