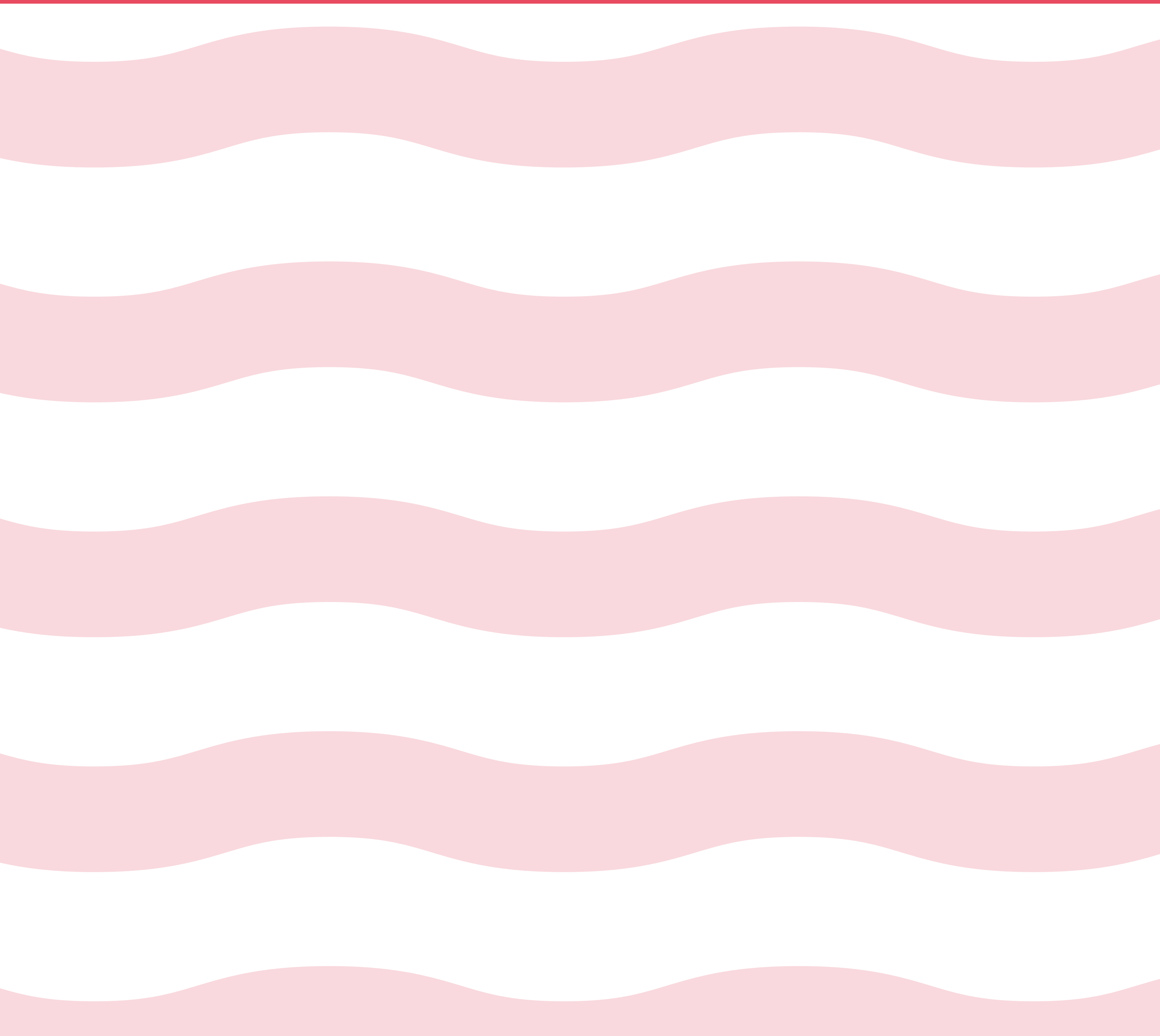


PEANUT BUTTER BANANA ICE CREAM SANDWICHES



INGREDIENTS

- 2 RIPE BUT FIRM BANANAS
- $\frac{1}{4}$ CUP NATURAL PEANUT BUTTER
- 1 CUP SUGAR-FREE OR NO-ADDED-SUGAR ICE CREAM
- 2 TABLESPOONS FINELY CHOPPED PEANUTS, OPTIONAL
- 1 TABLESPOON UNSWEETENED SHREDDED COCONUT, OPTIONAL

PREP TIME

15 MINUTES + FREEZING TIME

SERVINGS

8–10 MINI SANDWICHES

TIPS

- CHOOSE BANANAS THAT ARE RIPE BUT STILL FIRM SO THEY HOLD THEIR SHAPE.
- WORK QUICKLY WHEN ADDING THE ICE CREAM SO IT DOESN'T MELT TOO MUCH.
- FOR SMALLER PORTIONS, USE THINNER BANANA SLICES AND A SMALL AMOUNT OF ICE CREAM.
- STORE LEFTOVERS IN AN AIRTIGHT FREEZER-SAFE CONTAINER FOR UP TO 1 WEEK.

INSTRUCTIONS

1. SLICE THE BANANAS: PEEL THE BANANAS AND CUT THEM INTO EVEN SLICES, ABOUT ¼-INCH THICK. TRY TO MAKE PAIRS OF SIMILAR-SIZED SLICES.
2. ADD PEANUT BUTTER: SPREAD A THIN LAYER OF PEANUT BUTTER ON ONE SIDE OF EACH BANANA SLICE.
3. ADD THE ICE CREAM: PLACE A SMALL SCOOP OF ICE CREAM ON HALF OF THE BANANA SLICES.
4. MAKE THE SANDWICHES: TOP EACH ICE-CREAM-COVERED BANANA SLICE WITH ANOTHER BANANA SLICE, PEANUT-BUTTER SIDE FACING INWARD. GENTLY PRESS TO CREATE A SANDWICH.
5. ADD TOPPINGS: IF DESIRED, ROLL THE EDGES IN CHOPPED PEANUTS OR SHREDDED COCONUT.
6. FREEZE: ARRANGE THE SANDWICHES ON A PARCHMENT-LINED TRAY AND FREEZE FOR 1–2 HOURS, OR UNTIL FIRM.
7. SERVE: LET THE SANDWICHES SIT AT ROOM TEMPERATURE FOR A FEW MINUTES BEFORE SERVING FOR THE BEST TEXTURE.

FLAVOR IDEAS

- **CHOCOLATE PEANUT BUTTER: USE CHOCOLATE ICE CREAM AND ADD A LIGHT SPRINKLE OF COCOA POWDER.**
- **BERRY BANANA: ADD A FEW FINELY CHOPPED STRAWBERRIES TO THE ICE CREAM.**
- **COCONUT CRUNCH: COAT THE EDGES WITH UNSWEETENED SHREDDED COCONUT.**
- **PEANUT BUTTER CRUNCH: ROLL THE EDGES IN FINELY CHOPPED ROASTED PEANUTS.**

OPTIONAL TOPPINGS:

CHOPPED PEANUTS, SHREDDED COCONUT, COCOA POWDER, OR A FEW MINI DARK CHOCOLATE CHIPS.