

Banana “Milkshakes”

4 ripened and frozen bananas
4 Tablespoons unsweetened natural peanut butter
1-2 Tablespoons cacao nibs
1-3 cups of almond milk (or other non-dairy milk)
6-10 cubes of ice

Blend all ingredients in Vitamix blender. We like the texture to be thick like ice cream, so we start with a minimum amount of milk and extra ice. The ice cream setting on the vitamix helps with the best motor speed for this recipe. If the blender is having trouble, we add more milk to help it along. Makes 4 servings.