"Nice" Cream

- 3 frozen bananas (ideally over ripe bananas)
- 1/4 cup unsweetened oat milk (or other milk of your preference)
- Dash of cinnamon
- 1 tsp. pure vanilla extract
- 2 tbsps. unsweetened cocoa powder
- 2 tbsps. unsweetened peanut butter

1. Using warm, soapy water, wash hands for 20 seconds. Make sure to scrub around your wrists, in between your fingers, and under your finger nails.
2. Place frozen bananas in a blender or food processor. (I used the NutriBullet.)
   a. The bananas should be over ripe, similar to what is used in banana bread.
   b. Slicing the bananas before placing them in the freezer will make it easier to blend.
3. Pour a 1/4 cup of unsweetened oat milk in the blender.
4. Sprinkle a dash of cinnamon, in the blender.
5. Measure 1 tsp. of pure vanilla extract and pour in the blender.
   a. I highly recommend using pure vanilla extract, instead of imitation.
6. Add 2 tbsps. of unsweetened cocoa powder to the blender.
7. Add 2 tbsps. of unsweetened peanut butter to the blender.
   a. You can use crunchy or smooth peanut butter. I used smooth because that is what I had.
8. Cover your blender (my NutriBullet) and blend until fully mixed.
9. The finished product should have a soft serve consistency.
10. Place in a bowl and enjoy!

Makes 4-6 servings.