



Peanutbutter-Banana Nicecream

Ingredients:

Nicecream:

760g Frozen bananas
180g Cashewmilk
70gml Peanutbutter
1/2tsp Cinnamon
1tsp Vanilla
1tsp Cocoa

Peanutbutter caramel sauce:

200ml Water
100g Brown sugar
70g Peanutbutter
1tsp Vanilla
1/2tsp Cinnamon

Chocolate sauce:

150ml Plant milk
60g Chocolate
30g Maple syrup

Instructions:

1. Put all the ingredients from the peanut butter caramel sauce into a pot and bring it to a boil. Lower the heat and let it simmer for about 10 minutes. Fill it into a jar.
2. Heat the plant based milk for the chocolate sauce and pour it over the chocolate. Let it set for 3 min before you add the maple syrup then stir it. Fill it into a jar.
3. Put all the nicecream ingredients into a high speed blender and blend it till its smooth. Depending on how long the bananas have been frozen, you might need more or less plant milk.
4. You can layer the nicecream with the sauces into a jar, or you simply pour the sauce over it.

