

Banana Peanut Butter Ice Cream Recipe without an ice cream maker



Happy Walnut Day



Ice cream is a frozen dessert usually made from dairy products. But in this recipe, no dairy products added, only two important ingredients. They are Banana and peanut butter. Everyone love this combination because of banana sweetness and peanut butter creamy texture. This 2 great buddies always gives a great taste either in the form of

sandwiches or cakes or smoothies. If you have ripe bananas sitting on the table, then you should try this recipe. This banana peanut butter ice cream recipe is simply magical, easy to make, great in taste, no colourings added and very good for lactose intolerant . Try this easy ice cream without ice maker and enjoy your day.

Ingredients

2 Ripe Bananas
2 Tbsp of Creamy Peanut Butter
1 Tbsp of Honey
Few Walnuts

Method

- Peel the banana skins, slice them and place the slices on a plate or a tray. Freeze for at least 2 hrs.
- Put frozen banana slices, in a food processor or in a powerful blender. When banana are smooth and creamy, add peanut butter, blend them again.



- Transfer this pur'ee to a plate or a tray and freeze it again for 40 mins.
- Scoop the ice cream and serve it in a bowl. Top it up

with honey and walnuts and enjoy....



Tips

- If you find hard to blend it in a blender, in that case add 2 tbsp of milk or water. Make sure use a powerful blender.
- You can add almond butter or cashew butter instead of peanut butter.
- You can garnish with any nuts of your choice.
- Add sugar, for a extra sweet taste.

Healthy Benefits of Peanut Butter and Banana

- Both are good in fiber, vitamins and minerals.
- Banana are good sources of potassium, vit C and magnesium.
- Peanut butter lowers the risk of heart disease and colon cancer.



[Easy Black Bean Soup Recipe](#)





This hearty and comforting soup features black beans, onion, garlic, lemon juice and some Mexican seasonings. I love thick black bean soup, if you like yours thinner, feel free to add some more water. It's raining in my place, so I make this soup with canned black beans also you can make similar soup with dried beans in slow cooker, that tastes more flavorful. Try this healthy, low fat, high in antioxidants vegetarian soup recipe that will warm up your family in less than 20 mins. If you are in diet to lose weight, this is a great recipe for you.

Ingredients

- 1 Can (15 oz) of Cooked Black Beans**
- 1/4 Cup of Chopped Yellow Onion**
- 1 Big Garlic Cloves, Chopped**
- 1 Chipotle Pepper in Adobo sauce**

1/2 Tsp of Mexican Oregano
1/2 Tsp of Goya Adobo All Purpose seasoning
1/2 Tsp of Goya Sazonador Total Seasoning
Dash of Salt and Pepper
1 Tsp of Lemon Juice
1 Cup of Water or Vegetable Broth
1 Tbsp of Olive Oil or Canola Oil

To Garnish

1 Tsp of Chopped Onion
1 Tbsp of Sour Cream or Yogurt
5 Tortilla Chips

Method

- **Heat a pan with oil, add chopped onion and garlic, fry for a min.**
- **Add black beans, water, Mexican oregano, Goya Adobo all purpose seasoning, Goya sazónador total seasoning, chipotle pepper, salt and pepper, bring it to a boil and reduce heat to a simmer. Cook, stirring occasionally for 10 mins.**
- **Finally mash some part of black beans with masher or in blender. Check the salt. Add lime juice and mix well. Turn off the stove. Just throw the chipotle pepper before serving.**
- **Transfer this to a serving bowl.**
- **Garnish with a dollop of yogurt, chopped onion and tortilla chips.**
- **Serve it with toasted whole wheat bread .**



Tips

- Adjust the seasonings according to your taste buds.
- You can follow the same recipe with any beans like red kidney beans(rajma) or chickpeas.
- If you don't have mexican seasoning, instead you can use cumin powder, salt and pepper.
- If you like it thinner, add some more water to desired consistency.

Health Benefits of Black Beans

- Black beans are an excellent source of the trace mineral, molybdenum, an integral part of the enzyme sulfite oxidase, which is responsible for detoxifying

sulfites.

- Good for diabetes and rich in dietary fiber.
- Lowers cholesterol levels.
- Rich in antioxidants.



Sparkling Kiwi Lemonade – Drink Recipes



Sparkling kiwi lemonade provides refreshing, healthy treat in a summer heat. This drink is a combination of all flavors. You can feel tangy taste from kiwi fruit and lemon, sweet taste from sugar and from the addition of soda and salt. I always love this fruit from my childhood as it gives loads of health benefits. Also my family favorite fruit. I love to eat as a whole fruit sometimes also I prefer to juice but without sugar. For a change, I tried this drink, it was too good and an amazing thirst quencher.. So enjoy this easy to make and tasty drink on a hot summer evening and enjoy..

Ingredients

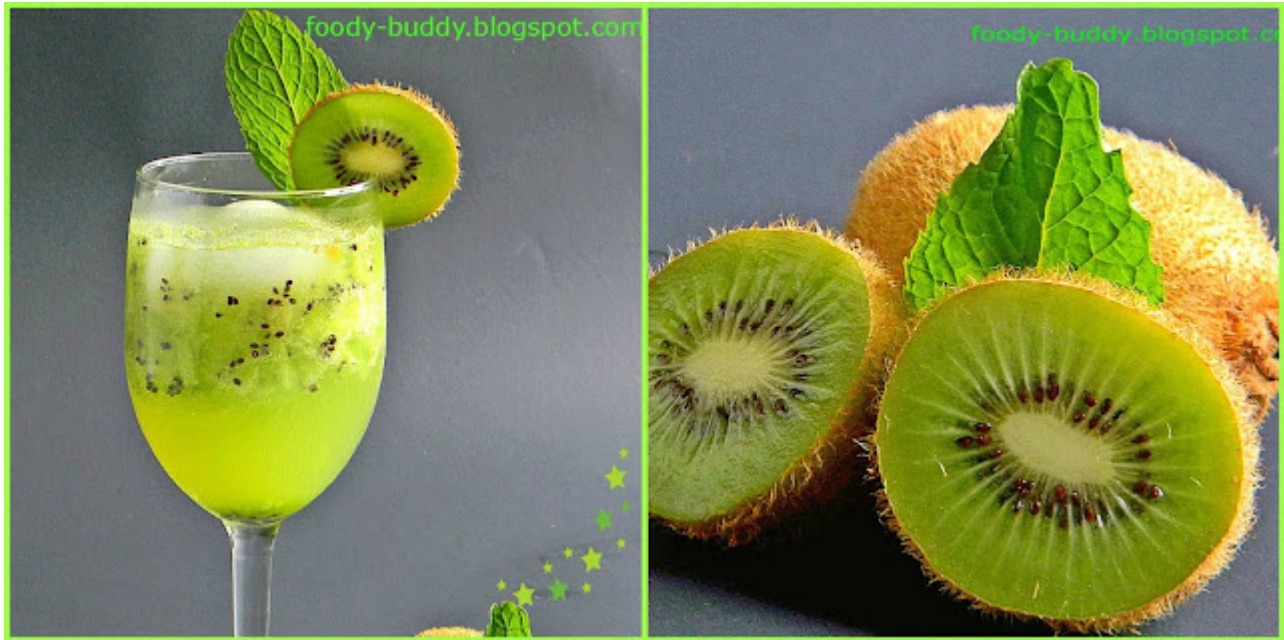
1 Big Kiwi Fruit
1 Tsp of Lemon Juice
1/2 Cup of Spirit Soda
1 Tsp of Sugar
Pinch of Salt
5 – 7 Ice Cubes

To Garnish

A Slice of Kiwi
Few Mint Leaves

Method

- Peel the skin of the kiwi fruit and mash it well in a bowl. To that add salt, sugar and lemon juice, give a quick stir.
- In a serving glass, add ice cubes, kiwi flesh and spirit soda, give a stir.
- Finally garnish with a slice of kiwi and mint leaves.
- Enjoy this drink on a hot summer evening.



Tips

- Adjust sweetness according to your taste buds.
- Try kiwi mint lemonade by adding some mint leaves.

Health Benefits of Kiwi

- Kiwi contains a remarkable amount of vitamin C, a water soluble antioxidant that has been proven to fight against cardiovascular disease and cancer.
- High in fiber content which helps improve diabetes, controls blood sugar and protects against colon cancer.
- More in potassium than a banana, ideal for fluid and electrolyte

balance and energy during exercise.

- One of the fat free sources of Vitamin E, a powerful antioxidant that helps boost immunity and helps lower cholesterol. **Good source of zinc and folate important for pregnant women.**

sending this recipe to [Zesty southIndian kitchen](#)





sparkling kiwi lemonade



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