BetterBody Foods

PB Coconut Bliss Ice Cream

Prep: 10 min Cook: 0 min Total: 4 hr 10 min Servings: 8

Calories: 147 Fat: 3g Protein: 5g Carbs: 26g Fiber: 0g

Ingredients

- 1 cup canned low fat coconut milk
- 1/2 cup unsweetened flaked coconut
- 1/2 cup PBfit
- 1 tsp vanilla
- 1 Tbsp Agave
- 4 frozen bananas

Directions

1. Combine all the ingredients in a high speed blender and blend until thick and creamy.
2. Transfer to a bowl or loaf pan and freeze for at least 4 hours.
3. Enjoy your PB Coconut Bliss Ice Cream!