

RECIPE



New Life Sundae

New Life Hiking Spa

4 perfectly ripe bananas, sliced
Chocolate sauce
Nuts & berries

Freeze sliced bananas in a plastic bag. Remove from freezer, thaw 10 minutes, then place in blender. Puree until smooth. Consistency will be like ice cream. Use a bit of vanilla or plain yogurt or part of an unfrozen ripe banana in blender if needed. Top with chocolate sauce.

Chocolate Sauce

2/3 cup 1% milk or water
1/3 cup maple syrup
2 ½ T cocoa powder
2 tsp of cornstarch and 2 T water, mixed
½ tsp vanilla, mocha or some other extract

In a small saucepan combine first 3 ingredients, and bring to a low boil. Drizzle in some of the cornstarch mixture, and simmer a few seconds. Adjust thickness if necessary. Add vanilla or other extract.

Without sauce: Makes two servings @ 140 calories, 2 g protein, 0.5 g fat, 36 g carbs, 0 mg cholesterol, 0 mg sodium, 4 g fiber, 19g sugar

With sauce (made with milk): Makes two servings @ 270 calories, 4 g protein, 1.5 g fat, 67 g carbs, 5 mg cholesterol, 30 mg sodium, 6 g fiber, 46g sugar