

# PEANUT BUTTER BANANA FROSTING (VEGAN)

*Katie Simmons*

## INGREDIENTS

10 MINUTES 4 SERVINGS

- 3 ripe bananas
- 1/2 cup roasted peanut butter (no added oils or sugar)
- 1 cup pitted dates
- 1 tsp. vanilla extract
- 1 cup almond milk

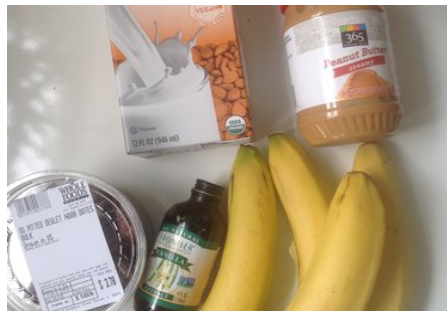
## TAGS

#easy #sugarfree #vegan



1

Combine all ingredients in a small sauce pot.



2

Gather ingredients



4

Cover and simmer 8 minutes, until dates are completely soft.





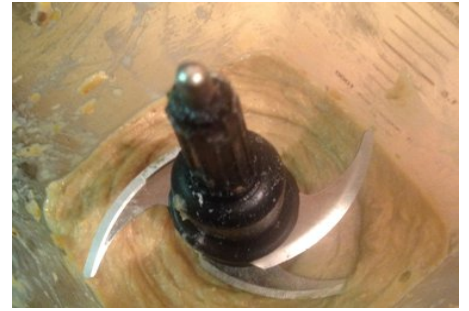
5

Pour everything into a blender or food processor.



6

Spread on Peanut Butter Chocolate Bars or any other baked treat. Freeze for long-term storage.



6

Process until smooth.

