

Ice Cream Sandwiches (Paleo, gluten free, dairy free)

I am not sure where this recipe came from, but I do know we have made it several ways and always enjoy it.

- 1 cup creamy organic nut butter (almond, peanut or mix of both, our favorite)
- 1/3 cup raw organic agave or honey (or less, we use 1/4 cup)
- 1 free range or organic egg
- 1/2 teaspoon baking soda
- 1/4 teaspoon real salt
- 1 teaspoon gluten free vanilla
- 2 tablespoons cacao powder
- 2 to 3 sliced frozen bananas

1. Preheat oven to 325°F. Line a jelly roll pan or rimmed baking sheet with parchment paper.

2. Mix together the nut butter, sweetener, and egg until combined, stir in baking soda, salt, vanilla and cacao powder until well mixed. Spread onto prepared pan evenly to 1/4" thick. The batter will be something like cake dough. Press evenly into pan . bake for 12 to 15 minutes until edges appear done and inserted toothpick comes out clean. Cool.

3. Banana ice cream: put sliced frozen bananas into food processor or blender. Process until it turns into a creamy sorbet. This can take a few minutes, be patient.

4. Cut the cookie in half crosswise. Use spatula and evenly spread the banana ice cream on one side of the cookie. Flip the other half of the cookie over on top. Wrap and freeze for 2 hours (if you can wait that long).

5. When ready, cut into squares or rectangles and freeze leftovers wrapped in plastic wrap. We find a 1" x 1" enough to satisfy the need for a little treat.