



Magic Peanut Butter Ice Cream Topping



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



3 min.

SERVINGS



2

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 0.5 tablespoon coconut oil
- ☐ 1 tablespoon powdered coconut sugar for 30 seconds (grind in a spice grinder)
- ☐ 1 pinch tiny of salt salted (omit if using nut or seed butter)
- ☐ 2 teaspoons creamy peanut butter for nut-free (sub sunflower seed butter or soy butter)

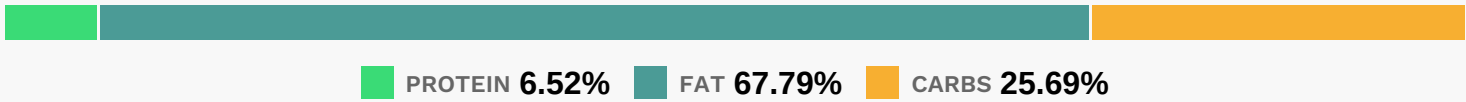
Equipment

- ☐ whisk
- ☐ microwave

Directions

☐ In a small dish, melt together the peanut butter (or alternative) and the coconut oil (I just place them in the microwave for 10 to 15 seconds). With a fork, whisk in the sugar, vanilla, and salt, if using.Scoop ice cream, drizzle peanut butter ice cream topping on. Watch the magic happen.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.3530434506095%

Nutrients (% of daily need)

Calories: 91.04kcal (4.55%), Fat: 7.28g (11.21%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 6.21g (2.26%), Sugar: 3.91g (4.35%), Cholesterol: 0mg (0%), Sodium: 19.7mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.15%), Manganese: 0.17mg (8.41%), Magnesium: 29.52mg (7.38%), Copper: 0.14mg (7.21%), Phosphorus: 58.88mg (5.89%), Vitamin B5: 0.56mg (5.6%), Folate: 18.96µg (4.74%), Vitamin B6: 0.06mg (3.2%), Zinc: 0.43mg (2.83%), Vitamin B3: 0.42mg (2.12%), Iron: 0.38mg (2.11%), Vitamin B1: 0.02mg (1.6%), Vitamin B2: 0.02mg (1.46%)