



## Easy Protein Soft-Serve Ice Cream

31G Protein Per Serving | 256 Calories | 4-8 Hours | 1 Serving

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### *Ingredient List*

- 1 vanilla protein shake with 30g protein
- 4-5 tbsp light whipped topping
- 2-3 tbsp of fat free or 2% milk
- 3 tbsp zero-calorie sweetener
- 1/8 tsp vanilla extract
- Pinch of guar gum or xanthan gum
- Freezer bag or ice tray

### *Cooking Instructions*

1. Add the protein shake, whipped topping, sweetener, and vanilla extract to a blender. Blend on high for 30 seconds.
2. While spinning the blender, add a pinch of xanthan or guar gum. Blend for 30 seconds.
3. Pour the mixture in an ice tray or freezer bag. Add to the freezer.
4. Freeze for 4-8 hours or until solid. Remove from the freezer to sit out for 10-20 minutes.
5. Break up the ice cream chunks and add to the blender along with the milk.
6. Blend until smooth and add any toppings you like. Enjoy!

## MACROS

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● Fat

9g

● Carbs

12g

● Protein

31g