

Blended Banana & Chocolate Ice Cream



Sick of relying on protein shakes to get you daily allotment of protein? Me too! Here is a simple, yet delicious, fluffy ice cream that you're sure to crave. It won't hurt your waistline and is guilt-free.

NUTRITIONAL INFO

Calories: 155

Fat: 1 gram

Carbs: 15 grams

Fiber: 1 gram

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Servings: 1 per recipe

Ingredients:

- (1 cup) Frozen bananas
- (¼ cup) LynFit Chocolate Complete Protein Powder
- (½ cup) Cold Water
- (Few) Walnuts for topping, if desired

Directions:

- Blend ingredients for one minute or until texture is smooth
- Pour blended mixture into ice tray and freeze
- When frozen, empty frozen mixture from ice tray into blender
- Gently blend until creamy, or desired texture