

# Protein Powered Chocolate Ice Cream

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## Ingredients:

- (2 scoops) LynFit Chocolate Complete Protein Powder
- (1 cup) Cold Water
- (5) Ice cubes, if desired

Who doesn't love chocolate and chocolate ice cream? I know I do! Satisfy that chocolate craving and not have it show up on your waistline with **Protein Powered Chocolate Ice Cream!**

## NUTRITIONAL INFO

Calories: 155

Carbs: 15 grams

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Fat: 1 gram

Fiber: 1 gram

Servings: 1 per recipe

## 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