

Protein Powered Vanilla Ice Cream



Sick of relying on protein shakes to get your protein? Me too! Here is a simple, yet super-delicious, fluffy ice cream recipe you'll crave that won't hurt your waistline. It's ready almost immediately if the shake is pre-made, so there's no waiting to satisfy your cravings!

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:

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