

# Smooth & Creamy Strawberry Gelato



This version takes gelato to a whole new level — a metabolic boosting level! You won't believe how delicious this is until you try it. It's fluffy, light, and the same thing as drinking your protein shake—except a little more enjoyable.

## 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

## **Ingredients:**

- (2 scoops) LynFit Strawberry Complete Protein Powder
- (1 cup) Frozen strawberries
- (½ cup) Cold water

**Tip:** Add a few sliced strawberries for garnish. For an added treat, add a few chocolate chips.