

Protein “Ice Cream”

Serves 1

Ingredients:

1 tbsp unsalted almond butter (or natural PB)

1 scoop chocolate protein powder

¼ cup 2% milk

¼ cup

Directions:

1. Combine ingredients in a bowl & freeze.

Note: You can use vanilla, cookies and cream flavored protein powder, as well. Freeze to the hardness you desire. For me, 1-2 hours works fine!