



Protein Ice Cream

COURTESY OF ANNA SWARD @ PROTEINPOW.COM

Ingredients

1 frozen banana (freeze without peel)
300 grams low-fat cottage cheese
1/2 cup (54 grams) banana flavored whey protein powder

Directions

1. Using a food processor, handheld blender, or mixer, blend all ingredients together. Don't use a whisk or spoon because the aim is to end up with a mixture that's creamy, not lumpy.
2. Place the mixture in a Tupperware container and stick it in the freezer for an hour.
3. After an hour, remove the container and give the ice cream a good stir. You want to make sure that it freezes evenly. Think of yourself as a human ice cream machine.
4. Put container back in the freezer. Wait for another hour before taking it out and giving it another churn.
5. Repeat steps three and four until the ice cream is nicely set and ready to be munched with gusto.

Nutrition Facts

Per serving, recipe serves 2
Calories: 258
Fat: 4.8 grams
Carbs: 17 g
Protein: 38 g