



BODYBUILDING.comTM

The Buff Dudes' Award-Winning Protein Ice Cream

Ingredients:

3 cups fat-free half and half

3 scoops Nitro-Tech protein powder, any flavor

Directions:

1. Stir together half-and-half and protein violently. Put them in an ice cream maker that has been frozen thoroughly (your machine's directions may vary). Slowly pour the mixture into the ice cream maker on "mix" mode and let mix for 15-20 min.