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Cookies and Cream Protein Ice Cream

Serving size: 2 scoops

Recipe yields 6 servings

Ingredients

1 cup nonfat Greek yogurt

1-1/2 cups 2% milk

1 scoop Signature Vanilla Whey

1 tsp vanilla extract

1/2 tsp Xanthan gum

1/4 tsp salt

1 Signature Cookies and Cream Protein Crunch bar, chopped

Directions

1. Make sure the bowl of your ice-cream maker has been chilled in the freezer for at least 4 hours or overnight.

2. In a large bowl, mix all ingredients together except bar, whisking until smooth.

3. With the chilled bowl in place, pour mixture into bowl of ice-cream maker and turn on. It should take 15-20 minutes for ice cream to form. As ice cream is processing, sprinkle in the chopped-up pieces of protein bar.