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Creamy Strawberry Ice Cream

Ingredients

1 lb. frozen strawberries
2 cups full-fat coconut milk
Stevia (to taste)
1-1/2 tsp lemon juice

Directions

1. Place all of the ingredients in a blender and blend until smooth.
2. Place contents in a container, cover, and place in the freezer for 30 minutes. Remove and stir.
3. Freeze for another 30 minutes, then remove and stir again. Repeat this process until the ice cream has the desired texture. Serve immediately.

Note: To up the protein content, feel free to mix in a whey protein, vegetable-based protein, or even egg whites.

Makes 4 servings.