

STRAWBERRY PROTEIN ICE CREAM (BLENDER SOFT SERVE)

Calories: 190

Protein: 21g | **Carbs:** 20g | **Fat:** 2g

Ingredients:

Frozen strawberries – 100g

Vanilla whey or casein protein – 25g

Unsweetened almond milk – 75g

Stevia or monk fruit – to taste

Ice cubes – handful

Directions:

Blend all ingredients in a high-speed blender.

Serve immediately as soft-serve or freeze 30 mins for a firmer texture.

