



## Protein Ice Cream

Macros: 360 Calories; 52g Protein; 18g Carbs; 9g Fat

### Ingredients

- 1 cup Muscle Milk (*Muscle Milk Original*)
- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 tbsp sugar-free vanilla pudding mix
- ½ tsp vanilla extract
- Pinch of salt

### Directions

- Add all ingredients to a Ninja Creami pint container (do not exceed the max fill line). Mix well using a frother or spoon.
- Freeze 12–24 hours until completely solid.
- Run the container under warm water for ~60 seconds.
- Spin on Lite Ice Cream.
- Re-spin 1–2 times until creamy.
- Add mix-ins if desired and use the Mix-In function.
  - Oreo Cookies, Reese's peanut butter cups, Cake sprinkles etc.