



INVICTUS
SPORTS PERFORMANCE & FITNESS



PROTEIN ICE CREAM

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

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