

Golden Latte Ice Cream

310 Cals ~ 30g P / 26g C / 10g F



Directions:

Ingredients:

200 ml Elmhurst Oat Milk
1 tsp Turmeric powder
1 tsp Fresh ginger grated (or
½ tsp ginger powder)
1 tsp Cinnamon powder
¼ tsp Cardamom powder
1 pinch Black pepper
1/2 tbsp Raw honey
½ tsp Vanilla extract
1 tbsp Coconut cream
1 scoop Atp Lab Vanilla
Protein Isolate

- In a small saucepan, heat the coconut milk over low-medium heat.
- Whisk in turmeric, ginger, cinnamon, cardamom, and black pepper until well combined.
- Add honey (or maple syrup) and vanilla extract. Stir until dissolved and slightly warmed (do not boil).
- Remove from heat and let the mixture cool to room temperature.
- If using collagen powder or protein powder, blend it into the cooled mixture for a smooth consistency.
- Pour the golden latte base into the Ninja Creami pint container. Seal and freeze for at least 24 hours to ensure the base is fully set.
- Process in the Ninja Creami using the “Ice Cream” mode.



Makes:
1 Pint



Preparation:
**9 min + 2 min of
spinning**



Cooking time:
5-10 minutes