

Healthiest Chocolate Ice Cream

318 Cals ~ 27.5g P / 31g C / 10g F



Ingredients:

- 1 scoop @atp_labs Grass Fed Chocolate Whey Protein
- ½ banana
- ½ cup unsweetened oat milk (plus an optional splash before processing)
- 1 square 85% Lindt chocolate (optional for extra indulgence)
- Dash of cinnamon
- Pinch of Grey Salt

Directions:

- Mash the banana on a plate until smooth.
- In a bowl, pour in the oat milk and mix in the protein powder.
- Add the mashed banana, a pinch of salt, and a dash of cinnamon. Mix until fully combined.
- Pour the mixture into your Ninja Creami pint and freeze for 24 hours.
- When ready to process, add a small splash of oat milk to the frozen mixture for creamier consistency.
- Process the pint on the "Lite" setting.
- Break the Lindt chocolate square into small pieces, stir them into the ice cream, and re-spin for a perfect texture.



In a world with a million choices

I will always choose chocolate
ice cream



Makes:
1 Pint



Preparation:
5 min + 2 min of
spinning



Cooking time:
0 minutes