



High-Protein Ice Cream

You may not feel like eating ice cream in the winter, but you'll want to make an exception for this high-protein tasty treat. The ingredients will make enough for one dessert, but I like to make more and store it in the freezer for later. Simply use the same ratio of ingredients. Doesn't get much easier than this!

Ingredients

- 1 cup almond milk
- 1 tbsp. peanut butter
- 1 scoop chocolate whey protein powder
- 1 tbsp. unsweetened baking cocoa
- 1 tbsp. stevia

Preparation process

Microwave the peanut butter in a small bowl for 15 seconds

Add the warmed peanut butter, almond milk, protein powder, baking cocoa and stevia into a blender bottle (but any sturdy container with a lid will suffice). Shake until smooth.

Pour the ingredients into an ice cream maker, and run the ice cream maker for 20 minutes.

Spoon the ice cream into a dish and serve.

Bonus Items

If you want to watch the video again. Click [here](#).

In the market for a high-quality ice cream maker? Check out [this](#) model.