



Strawberry Chocolate Cheesecake Ice Cream

- 1 cup strawberries, fresh or frozen thawed
- 2 tablespoons cream cheese
- 2 tablespoon Walden Farms calorie-free chocolate syrup
- 1 cup skim milk
- 2 scoops Matrix Simply Vanilla Protein Powder (or another vanilla protein powder)
- Strawberry slices for garnish if desired.

Add all ingredients to a blender and blend until smooth. Use an ice cream maker and follow the instructions for freezing. Makes 2 servings.

Nutrition information per serving: 113 calories, 14 grams protein, 3 grams fat, 8 grams carbohydrate, 98 mg sodium