



Peanut Butter Ice Cream

1 cup skim milk

2 scoops chocolate protein powder (we used Matrix)

2 Tablespoon PB2 or other powdered peanut butter

Place all ingredients in blender and puree. Pour into ice cream maker and follow instructions. Makes 2 servings.

Nutrition Information (per Serving): 186 Calories, 3g Fat, 12 g Carbohydrate, 30g Protein, 241mg Sodium

Recipe Variation: Take your old, browning bananas (like the ones your grandma used for banana bread!) and freeze them. In a blender, puree 2 large peeled, frozen bananas or 3 small peeled, frozen bananas, with 2 scoops of chocolate protein powder, 2 Tbsp powdered peanut butter, and 1/2 cup skim milk to create a delicious, fast ice cream. The natural sugars developed in aged banana satisfies your sweet-tooth without needing to add sweeteners! This variation makes 3 servings. Nutrition Information for Banana Variation (per Serving): 216 Calories, 2.5g Fat, 33g Carbohydrates, 19g Protein, 139mg Sodium.



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