



Strawberry Ice Cream

- 1/2 cup strawberries
- 1 Tablespoon sugar free vanilla syrup or vanilla extract
- 1 cup skim milk
- 2 scoops vanilla protein powder (nutrition information based on Matrix)
- 1/4 cup strawberries, chopped

Place all ingredients except ¼ cup chopped strawberries in blender and puree.

Pour into ice cream maker and follow instructions.

Five minutes before ice cream is done, stir in chopped strawberries. Makes 3 Servings.

Nutrition information per serving: 182 calories, 2g fat, 14g carbohydrates, 28 g protein, 199 mg sodium