



Protein Ice Cream

Recipe courtesy of Erin Akey aka [The Bariatric Guru](#)

Summertime and I scream, you scream, we all scream for ice cream. Here's a version that's quick and easy and full of protein and good things for you. Erin recommends it as a summertime recovery "treat" after a good workout.

Ingredients:

- 1 ½ scoops of [Chike](#) (protein powder) any flavor (or the protein powder of your choice)
- 1 teaspoon of Splenda (or the equivalent of Stevia or Truvia)
- 1 cup of skim milk (or almond milk or soy milk)
- Quart size zip loc bag
- Gallon size zip loc bag
- Ice enough to ¾ fill the gallon size bag
- ½ cup salt

Directions:

1. In a bowl, mix together protein powder, Splenda and milk
2. Pour into a quart sized zip loc bag
3. Fill gallon Ziploc bag ¾ full with ice and ½ cup of salt
4. Place filled quart bag inside the gallon bag
5. BE SURE BOTH BAGS ARE WELL SEALED and place in freezer
6. Every 5-10 minutes take bag out of freezer and work gallon bag with your hands to move everything around
7. After about 30 minutes to an hour it should be a smooth texture and ready to ENJOY!

This makes 2 servings:

- **110 calories each**
- **15 grams protein each**

When using the stated ingredients. Any variation (protein powder choice or milk type choice will alter the nutritional values)

You can add fruit (remember to add the calories) by chopping it up really well and adding to the mix in the bowl. I think I'll try strawberries. I may also try a tablespoon or 2 of PB2 powder with the other protein and some banana for peanut butter banana ice-cream...yummm. What can you come up with? Share with us please.

NOTE: If you do not use both servings at one time, return the unused portion to the freezer and when you are ready to use it take the bag out of the freezer for about 20 minutes and work it in your hands to loosen and then serve!