

# TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day

## Strawberry Ice Cream



### INGREDIENTS

- 2 Premier Protein 110z. Strawberries & Cream shakes
- 1 1/2 cup of strawberries
- 1 1/2 tsp of Vanilla Extract

### DIRECTIONS:

1. Blend ingredients until smooth then transfer to ice cream maker (make sure the ice cream maker bowl has been frozen and is on when putting the liquid in).
2. After liquid hardens to an ice-cream texture, serve into bowls and top with sprinkles.
3. Enjoy!