

Strawberry Banana Protein Nice Cream



TOTAL TIME

5 mins



COURSE

Dessert



SERVINGS

2 servings

CALORIES

210 kcal

EQUIPMENT

- blender

INGREDIENTS

- 2 bananas sliced & frozen
- 1 scoop Plant Fusion Vanilla Protein Powder
- 1 c strawberries frozen
- 2-3 Tbsp almond milk

INSTRUCTIONS

1. Blend all ingredients in a high-speed blender until smooth and creamy.
2. Serve immediately for a soft-serve consistency, or freeze for a couple of hours for a more firm texture.

NUTRITION

Nutrition Facts

Strawberry Banana Protein Nice Cream

Amount Per Serving

Calories	210	Calories from Fat	14
<hr/>			
		% Daily Value*	
Fat	1.5g	2%	
Carbohydrates	39g	13%	
Fiber	5g	21%	
Protein	13g	26%	

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free

Tried this recipe?

Let us know how it was!