

Nutrition Facts

Servings Size: 1 Pint

Recipe Makes: 1 Serving

Amount Per Serving

Calories **255**

Total Fat 9g

Total Carbohydrate 32g

Protein 36g



Birthday Cake Batter Protein Ice Cream

INGREDIENTS:

- 225g Fairlife Fat Free Milk
- 225g Unsweetened Vanilla Almond Milk
- 5g Cake Batter Extract (got off amazon)
- 30g Vanilla Whey/Casein Blend Protein Powder
- 8g Sugar Free/Fat Free Cheesecake Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt
- 20g Sprinkles

1. Add all your ingredients except sprinkles into your pint. Use small hand blender/milk frother and mix till smooth.
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. Then once frozen, either let sit out for 10 minutes to thaw out a bit or run outside edges under warm water for a minutes. Then add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go for the cake batter ice cream!
4. Now if you want to add mix-ins to make it birthday cake batter, make a hole in the middle and add in the sprinkles.
5. Add back to the creami and do the mix-ins function. Then enjoy!