



Blueberry Protein Ice Cream

Serves 2

- 1 cup (145g) cottage cheese
- 1 banana
- ½ cup vanilla whey powder
- 4 tbsp. dried blueberries
- ¼ cup (75g) blueberries, fresh

What you need to do

1. Place the cottage cheese, banana and whey powder in a food processor and blend everything together.
2. Transfer the mixture into a Tupperware dish or similar type of container, and mix in the dried berries. Cover with a lid and freeze for 45 minutes, then take out of the freezer and mix again. Return the dish to the freezer and chill for a further 45 minutes.
3. Take the dish out of the freezer, mix again and serve with fresh berries.

Note: If you keep it in the freezer for longer, then thaw for 10-15 minutes before serving.

GF MP HP V

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	90 mins	243	4	26	28

*Nutrition per serving

