



NICE CREAM

(Per Serving)

Calories 75

Carbs 9g / Protein 5g / Fat 2.5g

INGREDIENTS

50g Strawberries

1 TBSP Algae Syrup or
Honey

1 Scoop Protein Powder

50g Greek Yoghurt

125ml Almond Milk or milk
alternative

HOW TO MAKE

- 01** Blend all Ingredients together.
- 02** You can try this with different fruits of your choice and/or different flavours of protein powder.
- 03** Place into a popsicle/ice lolly tray or sealable container.
- 04** Freeze for a minimum of 8 hours or overnight - Enjoy.

PREP TIME

Serves 6

Prep Time 5 mins

Freeze Time 8 hours

