Low-Carb Almond Protein Ice Cream Recipe

Nutrition Facts

Amount Per Scoop

Calories	148 kcal
Protein	13g
Carbohydrate	2.5g
Fat	9.7g
Dietary Fiber	0.9g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for the Almond Protein Ice Cream:

- 50g Almond Butter
- 130ml Almond milk (unsweetened)
- 60g Whey Protein (Vanilla)
- 30g Cocoa Nibs

Preparation of the Low-Carb Ice Cream:

Put Almond Butter and Almond Milk into a bowl and mix it with a fork until it´s smooth. Add 60g of Whey Protein and mix it. Finally add some natural Cocoa Nibs for the delicious taste of the Protein Ice Cream. Alternatively you can use some almond slivers. Put the cream into the freezer for about 45 - 50 minutes. One scoop of the tasty Low-Carb Almond Protein Ice Cream contains 13g of Protein. Enjoy it and stay fit!