

Malted Ice Cream- and it's IP LEGAL!?

You can make this ice cream malted in many different flavors and varieties depending on which Ideal Protein products are your favorite or you feel like having that day. You can use any of the following Ideal Protein products: Chocolate Drink Mix, Wildberry Yogurt, Peach and Mango Drink, Vanilla Pudding, Butterscotch Pudding, Raspberry Gelatin, Blueberry Pudding, etc.

Ingredients:

- 1 Ideal Protein packet of your choice
- 1 oz skim milk
- ½ cup Splenda (Stevia, Truvia)
- 2 T Walden Farms Chocolate Syrup
- 3 cups ice cubes



First, add 1 oz of milk to the blender then pour the 2 T of Walden Farms Syrup. Start blending this on low speed and then add 1 Ideal Protein packet. Blend on high speed and start gradually adding ice cubes until the mixture gets thick. Top with Walden Farms Marshmallow Dip, if desired. Enjoy!