

# Strawberry Banana (N)ice Cream

Makes 1 serving

## INGREDIENTS

- 1 frozen banana
- 1 cup frozen strawberries
- ¼ cup milk of your choice
- 1 scoop protein powder of your choice (PALM Vegan Complete Protein Powder in French Vanilla is Christaney's favorite)
- 2-4 fresh strawberries

## INSTRUCTIONS

1. Place the frozen fruit and milk into a high-speed blender or food processor. Blend on medium to high until a thick, even consistency is formed.
2. Add the protein powder and blend until evenly distributed.
3. Top with sliced fresh strawberries.
4. Serve immediately and enjoy!

**Tip:** The less liquid you're able to use, the more thick and ice-cream-like the mixture will be. Add more liquid as needed for desired consistency.

From Christaney Townsend, Registered Dietitian

