



MIXED BERRIES PROTEIN ICE CREAM

 5 minutes 5 minutes 1 portion

INGREDIENTS

- 25 grams of whey Protein [or](#) 25 grams of soy Protein
- 100 grams of mixed berries, frozen
- 50 mls of water, bottled, generic (50 g)

COOKING METHOD

- 1º Add all the ingredients to a food processor and process until well blended and smooth.
- 2º If it's too thick, add 1 tablespoon of water at a time until it gets to the consistency of your preference.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (175 g)	% DRI
ENERGY	71 kcal	124 kcal	6 %
PROTEIN	13 g	23 g	46 %
CARBOHYDRATE	5 g	8 g	3 %
SUGARS	3 g	6 g	7 %
FAT	0 g	1 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
FIBER	3 g	5 g	19 %
SODIUM	72 mg	126 mg	5 %