



HIGH PROTEIN PISTACHIO ICE CREAM (a creamy and nutritious treat)

Description

Ingredients

For the Ice Cream Base:

2 cups unsweetened almond milk or your preferred milk

1/2 cup plain Greek yogurt

1/4 cup honey or maple syrup

1 teaspoon vanilla extract

1/2 cup pistachios, shelled

1/4 cup vanilla protein powder

INSTRUCTIONS:

STEP 1: PREPARE THE ICE CREAM BASE

??? In a blender, combine the almond milk, Greek yogurt, honey (or maple syrup), and vanilla extract. Blend until smooth and well combined.

??? Add the pistachios and vanilla protein powder to the mixture. Blend again until the pistachios are finely chopped and evenly distributed throughout the mixture.

STEP 2: CHILL THE MIXTURE

??? Pour the ice cream base into a bowl and cover it with plastic wrap. Place it in the refrigerator for at least 1 hour to chill. This step helps improve the texture of the ice cream.

STEP 3: CHURN THE ICE CREAM

??? Once chilled, pour the mixture into an ice cream maker and churn according to the manufacturer's instructions until it reaches a soft-serve consistency. This usually takes about 20-25 minutes.

STEP 4: FREEZE THE ICE CREAM

??? Transfer the churned ice cream to an airtight container. Smooth the top with a spatula and seal the

container. Place it in the freezer for at least 4 hours or until firm.

STEP 5: SERVE

â?? When ready to serve, scoop the ice cream into bowls or cones. Enjoy your high protein pistachio ice cream!

Prep Time: 15 minutes | Chill Time: 1 hour | Churn Time: 25 minutes | Freeze Time: 4 hours | Servings: 4-6

Enjoy your High Protein Pistachio Ice Cream, a delightful and healthy dessert option! â??

Category

- 1. High Protein Recipes

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