Strawberry Cheesecake Protein Ice cream

Description

Indulging in a guilt-free dessert thatâ??s both delicious and packed with protein is a dream come true. With this protein-packed cheesecake delight ice cream recipe, you can satisfy your sweet cravings while fueling your body with the nutrition it needs. Plus, itâ??s incredibly easy to make and will become a staple in your weekly rotation of treats.

Ingredients needed:

- 1 cup vanilla protein shake (or your preferred flavor)
- 1 package sugar-free cheesecake instant pudding mix
- 1 package sugar-free vanilla pudding mix
- 1 teaspoon vanilla extract
- Pinch of salt
- 1/4 cup freeze-dried strawberries
- 1/4 cup unsweetened almond milk

How to make:

1. Begin by pouring the vanilla protein shake into the pint container of your Ninja CREAMi.
2. Add the sugar-free vanilla pudding mix, sugar-free cheesecake pudding mix, vanilla extract, and a pinch of salt into the container.
3. Mix the ingredients until well combined.
4. Place the container into the freezer and let it freeze for 12-24 hours.
5. When youâ??re ready to churn the ice cream, transfer the frozen pint (without the cover) into the Ninja CREAMi bowl.
6. Press the â??light ice creamâ?• button 2-3 times to achieve a creamy consistency.
7. Once the ice cream reaches the desired consistency, add the cheesecake mixture and freeze-dried strawberries to the center of the ice cream.
8. Press the â??Mix-inâ?• button to incorporate the additions.

Serve and enjoy your protein-packed cheesecake delight ice cream!

Category

1. High Protein Recipes

Date Created
23/07/2025
Author
rauf

Footer Tagline