

CHOCOLATE MILKSHAKE

INGREDIENTS

- Ideal Protein Dark Chocolate Pudding Mix
- Ideal Protein Crispy Cereal
- 1 Tbsp Instant Coffee
- 6 oz of water
- 2 Splenda packets

PREPARATION

1. Mix IP Dark Chocolate Pudding mix with IP Crispy Cereal, coffee and 6oz of water.
2. Cover a cookie sheet or large pyrex dish with parchment paper.
3. Pour mixture on top of the parchment paper, spreading well to form a thin layer of chocolate and crispies.
4. Freeze for 30-40 minutes.
5. Take out of the freezer and break into half.
6. Break each half into smaller pieces and save in a container.
7. Phase Approved: Phases 1-3

