

WILDBERRY YOGURT ICE CREAM

INGREDIENTS

- 1 packet of Ideal Protein Wildberry Yogurt Drink Mix
- 1 oz. of milk
- 2 tsp. of Walden Farms Raspberry Spread
- 1½ oz. of water
- ½ tsp. of vanilla extract
- 4 oz. of green tea

PREPARATION

1. Combine milk, water, green tea, and vanilla in a blender and mix well.
2. Add in cinnamon and the Ideal Protein Wildberry Yogurt Mix and blend until creamy.
3. Stir in while ribboning Walden Farms Raspberry Spread.
4. Pour mixture into ice cube tray.
5. Freeze mixture.
6. Once frozen, add cubes to a blender and mix to desired consistency.
7. Serve and enjoy.

