

## **BARTO'S PROTEIN ICE-CREAM**

### **INGREDIENTS:**

- 120G FROZEN BERRIES OF CHOICE
- 30G FROZEN BANANA
- 50G FROZEN ZUCCHINI
- 120-150ML WATER or UNSWEETENED ALMOND MILK
- 15-30G WHEY PROTEIN POWDER
- ½-1 TSP STEVIA (*OPTIONAL*)

### **METHOD:**

1. Place all ingredients into blender of choice (Thermomix / Nutri Ninja, Nutri Bullet etc) & blend until smooth.