



Soft Serve Ice Cream

Ingredients

Vanilla
1 scoop (31g) UMP Vanilla Protein Powder
½ C crushed ice
1 C frozen riced cauliflower
2 packets Stevia in the Raw
1 teaspoon vanilla
Water as needed to thin mixture



Directions:

Blend together in blender. Mixture will be very thick. Add only enough water to help blend and for a vortex to form while blender is running. Scoop ice cream out of blender with spatula. Serve immediately or allow to firm in freezer for 1-2 hours before eating.

Pumpkin variation:

Substitute 122g of frozen pumpkin for the cauliflower.
Add ½ teaspoon of pumpkin spice.

Gingersnap variation:

Add 8g Jell-O sugar free instant cheesecake or vanilla pudding powder
**5g chunk of candied ginger (not crystalized ginger)
½ tsp cinnamon
1 extra packet of stevia

***This ingredient is not contest friendly. Still want gingersnap ice cream in prep?
Substitute a little fresh grated ginger root or 1/8-1/4 tsp powdered ginger and an extra packet of stevia.*

Makes 1 or 2 servings

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Macro/Calorie Count:

Values shown below reflect this recipe as one serving. (Divide values by 2 for 2 servings.)

Vanilla: 11gC/20gP/3gF 145 Calories



Pumpkin: 20gC/22gP/3gF 185 Calories



Gingersnap: 15gC/20gP/3gF 163 Calories



Quick Prep Idea Tips:

Ice cream may be made ahead and frozen solid. Just store in Tupperware and cover top of ice cream with plastic wrap pressed into direct contact with the top of the ice cream and then put a lid on the container. To serve, thaw in the microwave in short 15-20 second bursts. Scoop out your serving and re-freeze the rest. Stirring your partially thawed portion will return it to soft serve consistency.

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