

# MAPLE BANANA ICE CREAM



## INGREDIENTS:

- 3 scoops Breakfast in Bed GLAM PRO
- 1 small frozen banana
- 1 cup ice
- 1.5 tsp xanthan gum
- 1/2 cup water

### Optional Toppings\*:

- 1/2 tbsp cacao nibs
- 1/2 tbsp chopped walnuts
- 1/2 tbsp dark chocolate chips

\*Macros listed without toppings

## DIRECTIONS:

- 1) Add ice, GLAM PRO, frozen banana, xanthan gum, and 1/4 cup of water to a blender
- 2) Blend in crush setting
- 3) Scrape down sides, add 1/4 cup of water, and blend again
- 4) Continue to blend, stop as needed to scrape down sides, until mixture is creamy and well combined
- 5) Place mixture in a freezer safe container
- 6) Freeze for 30 minutes, remove from freezer and mix well with a spoon (this will help keep a creamy texture and prevent large ice crystals)
- 7) Repeat step 6 1-2 more times
- 8) Ice cream is ready after ~2 hours
- 9) If making ice cream bars: pour mixture into molds and freeze for ~1-2 hours. Macros on ice cream bars will vary

Enjoy!

Makes 2 Serving

Calories: 165 | Protein: 22 g | Carbs: 18 g | Fat: 0 g | Fiber: 3 g