



## PUMPKIN PROTEIN ICE CREAM



### INGREDIENTS:

- 1 scoop protein powder of choice
- 1/2 cup Non-fat cottage cheese OR plain, non-fat Greek yogurt
- 1/4 cup canned pure pumpkin
- 1 tsp cinnamon OR pumpkin pie spice
- 1 tsp stevia
- 1/4 tsp xantham gum (optional)
- 1-1 1/2 cup ice
- 3-4 tbsp water

### DIRECTIONS:

- 1) Combine all of the ingredients in a blender or food processor and mix until smooth. Add more ice if mixture is too runny.

You can eat this right away OR put in a covered container and freeze even more. If you freeze it, allow to set out for about 3-5 minutes to soften.

Enjoy!

Makes 1 serving

Calories: 195 | Protein: 32 gm | Carbs: 12 gm | Fat: 1 gm