



MINT CHOCOLATE CHIP

Makes 1 pint

INGREDIENTS

For the base:

- 1 1/4 c ultra-filtered, fat free milk, such as Farilife (300 ml)
- 1/8 tsp peppermint flavoring
- 4-6 drops green food coloring (optional)
- 4 Tbsp zero-calorie sugar substitute, such as erythritol or monkfruit, optional (48 g.)
- 30 g vanilla protein powder
- 7 g sugar-free, fat-free, vanilla instant pudding mix

Mix-ins:

- 1 Tbsp mini chocolate chips or chopped chocolate (14 g.)

FACTS

Prep time: 10 min.

Freeze time: 8+ hours

Process time: 5 min.

Total time: 8 hours 15 min.

MFP: "FFC Mint Chocolate Chip Ice Cream"

1 serving: the whole pint (about 23.6 oz./669 g.)

303 Calories

38P | 4F | 33C

DIRECTIONS

- 1** In a small blender, or directly in the Ninja Creami pint container with an immersion blender; pulse-blend all base ingredients together until well combined.
- 2** Cover and freeze base for 8+ hours directly in the Creami pint container.
- 3** Once completely frozen, remove lid and place in Cerami machine as directed with your model's instructions. Process on "lite ice cream" mode.
- 4** Process again on "re-spin" mode. Repeat as many times as necessary to achieve desired consistency.
- 5** Make a small hole in the middle and add the chocolate chips directly into that hole. Process one final time on "mix-in" mode.