



Blueberry Protein Ice Cream



Ingredients :

1 cup (145g) cottage cheese
1 banana
½ cup vanilla whey powder
4 tbsp. dried blueberries
¼ cup (75g) blueberries, fresh

Directions :

Place the cottage cheese, banana and whey powder in a food processor and blend everything together.

Transfer the mixture into a Tupperware dish or similar type of container, and mix in the dried berries. Cover with a lid and freeze for 45 minutes, then take out of the freezer and mix again. Return the dish to the freezer and chill for a further 45 minutes.



Take the dish out of the freezer, mix again and serve with fresh berries. If you keep it in the freezer for longer, thaw for 10-15 minutes before serving.