

Quick Ice Cream Recipe

2 cups almond milk

2 cups coconut cream or cream

½ cup pure maple syrup (generous)

½ tsp salt

¼ cup whey protein powder

1 tsp vanilla

¼ cup cocoa (for chocolate; for vanilla, omit and add 2 tsp vanilla)

Place all ingredients in blender and blend until smooth. Place in ice cream machine for 30 minutes or until desired consistency.