

*Syda's Homemade
Recipes*

**HOMEMADE MACA-
CHOCOLATE ALMOND
& RASPBERRY ICE
CREAM**

Servings 1

Prep time: 5 min

Total time: 10min

Freeze the night before
or up to 3 hours prior
indulging.



Ingredients

- 50g Protein powder chocolate flavor
- 40g Maca powder
- 30g coconut milk
- 50g banana
- 6g sunflower butter
- 7g almonds
- 50g raspberry
- 6g honey
- 7g almonds
- 50g raspberry

Instructions

1. **First step:** Be ready. Mix spices, chop all ingredients and have them handy to simply add when it's time.

2. **Second step:** In blender add, 150g coconut milk, 50g protein powder, 40g Maca powder, 250g banana, 80g sunflower butter, 30g honey and blend.

3. **Third step:** Weigh mixture and divide the entire total by 5 servings. Place in a mason glass jar, add 50g raspberry and 7g almonds each jar. Seal mason jar and place in the freezer overnight or up to 3 hours prior to indulging.□

7. That's all my fraands, sip and enjoy! Don't forget to tag us if you love it! If you nay it email us your feedback. We love hearing awesome constructive criticism, too!

Eat well and stay active,

-Scar