

Low Carb Pineapple Whip

A fresh and sunny summer treat!

Ingredients

- 1 pkg vanilla protein pudding & shake mix
- 1 pkg pineapple protein drink mix
- $\frac{3}{4}$ cup half & half
- $\frac{3}{4}$ cup unsweetened almond milk



Directions

1. Fill quart sized Ziploc bag with protein mixes, half & half and almond milk – seal tightly.
2. Squeeze/knead to mix.
3. Fill gallon sized Ziploc bag with 4-6 cups of ice and a tablespoon of rock salt.
4. Place smaller bag inside the larger and seal tightly.
5. Wrap a dish towel around the bag and shake for about 5 minutes. Examine mix at that point and continue to shake if the mix is not yet the consistency that you're looking for.

Makes 4 servings

Nutrition Facts:

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| Calories | 103 |
| Total Fat | 6g |
| Total Carbohydrates | 4g |
| Dietary Fiber | 1g |
| Protein | 9g |