



Creamy Chocolate Protein Ice Cream (Ninja Creami)

Ingredients

- 2 cups chocolate milk
- 1 serving (about 30g) ESC protein powder (chocolate or vanilla)
- 1 tablespoon vanilla pudding mix

Directions

1. Pour the chocolate milk into a **Ninja Creami pint container**.
2. Add the ESC protein powder and vanilla pudding mix directly into the container.
3. Use a **milk frother** or small whisk to mix until fully combined and smooth.
4. Secure the lid and place the container in the **freezer for 12-24 hours** until completely solid.
5. Once frozen, place the pint into the **Ninja Creami machine** and use the "**Lite Ice Cream**" setting.
6. If the texture is too crumbly after the first spin, add a splash of milk and **re-spin** until creamy.
7. Scoop, serve, and enjoy!

Nutritional Facts	
Servings Per Batch	1
Serving Size	1
Amount per Serving	
Calories	350
Carbs	40g
Fat	8g
Protein	40g

*Nutritional Facts will vary depending on ingredients