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Game Changing Chocolate Ice Cream (S)

This easy and ultra-yummy ice cream recipe is from the new THM Starter book due to be released later this year.

Serving Size: Makes about 4 large or 6 smaller servings

INGREDIENTS:

- 1 cup cottage cheese
- 1/2 cup heavy cream
- 1/2 cup THM Gentle Sweet (Or, 1/3 cup Gentle Sweet plus 3 doonks THM Pure Stevia Extract)
- 1/2 cup unsweetened cocoa powder
- 2 & 1/2 cups unsweetened cashew or almond milk
- 1 scoop (4 Tablespoons) unflavored THM Pristine Whey Protein
- 1 & 1/2 to 2 teaspoons vanilla extract (or any other extract of choice; THM Natural Burst flavors such as caramel or peanut butter work great, too)
- 2 pinches Mineral Salt
- 3/4 teaspoon Glucic

INSTRUCTIONS:

1. Blend all ingredients together until smooth.
2. Pour into an ice cream maker and let churn according to manufacturer's instructions (usually about 20 minutes will do the job).

RECIPE NOTE:

If your ice cream maker is only 1.5 quarts or less, halve the recipe. As written this works great for 2 to 2.5 quarts.

The *Game Changing Chocolate Ice Cream* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com