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PROTEIN
ICE CREAM RECIPES

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OUR GIFT TO YOU



PLEASE NOTE: Some of these recipes contain "forbidden" ingredients. However, because these are a protein rich sweet treat, the ingredients are fine to use. Do not eat this more than once a day!

Chocolate Peanut Butter Protein Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (chocolate flavor)
- 250ml (8 oz) unsweetened almond milk
- 2 tbsp (15g / 1 oz) peanut butter powder
- 1/2 tsp vanilla extract
- 5-6 ice cubes

METHOD

1. Blend the Ingredients

- In a high-speed blender, combine the protein powder, almond milk, peanut butter, vanilla extract, and ice cubes. Blend until smooth and creamy.

2. Freeze the Mixture

- Pour the mixture into a freezer-safe container and freeze for 1-2 hours, stirring every 30 minutes for a smoother texture.

3. Serve

- Once the ice cream has reached a scoopable consistency, serve and enjoy.

Berry Vanilla Protein Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (vanilla flavor)
- 100g (4 oz) mixed frozen berries
- 200ml (7 oz) unsweetened almond milk
- 1 tsp chia seeds (for extra texture)
- 5-6 ice cubes

METHOD

1. Blend the Ingredients

- Add the protein powder, frozen berries, almond milk, chia seeds, and ice cubes to a blender. Blend until thick and smooth.

2. Freeze the Mixture

- Pour the mixture into a freezer-safe container and freeze for 1-2 hours, stirring occasionally for a creamy consistency.

3. Serve

- Once the ice cream has reached a scoopable consistency, serve and enjoy.

Mocha Espresso Protein Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (chocolate flavor)
- 200ml (7 oz) unsweetened almond milk
- 30ml (1 oz) brewed espresso (cooled)
- 1/2 tsp cocoa powder (optional, for extra chocolate flavor)
- 5-6 ice cubes

METHOD

1. Blend the Ingredients

- Combine the protein powder, almond milk, espresso, cocoa powder, and ice cubes in a blender. Blend until thick and creamy.

2. Freeze the Mixture

- Pour the mixture into a freezer-safe container and freeze for 1-2 hours, stirring occasionally for a creamy consistency.

3. Serve

- Scoop and enjoy this mocha espresso ice cream.

Mint Chocolate Chip Protein Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (vanilla or chocolate flavor)
- 200ml (7 oz) unsweetened almond milk
- 1/4 tsp peppermint extract
- 1 tbsp dark chocolate chips (15g / 1/2 oz)
- 5-6 ice cubes

METHOD

1. Blend the Ingredients

- In a blender, mix the protein powder, almond milk, peppermint extract, and ice cubes. Blend until smooth.

2. Freeze the Mixture

- Pour the mixture into a freezer-safe container, fold in the chocolate chips, and freeze for 1-2 hours, stirring occasionally for a creamy consistency.

3. Serve

- Once the ice cream has reached a scoopable consistency, serve and enjoy.

Salted Caramel Protein Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (salted caramel flavor)
- 200ml (7 oz) unsweetened almond milk
- 1 tsp sugar-free caramel syrup (optional, for extra flavor)
- Pinch of sea salt
- 5-6 ice cubes

METHOD

1. Blend the Ingredients

- Add the protein powder, almond milk, caramel syrup, sea salt, and ice cubes to a blender. Blend until creamy.

2. Freeze the Mixture

- Pour the mixture into a freezer-safe container and freeze for 1-2 hours, stirring occasionally to create a smooth, scoopable texture.

3. Serve

- Scoop and enjoy this rich, salted caramel ice cream for a sweet yet healthy treat!

Strawberry Cheesecake Protein Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (vanilla flavor)
- 100g (4 oz) frozen strawberries
- 200ml (7 oz) almond milk
- 1 tsp lemon juice
- 1/2 tsp vanilla extract
- 5-6 ice cubes

METHOD

1. Blend the Ingredients

- Add the protein powder, strawberries, almond milk, lemon juice, vanilla extract, and ice cubes to a blender. Blend until smooth and creamy.

2. Freeze the Mixture

- Pour the mixture into a freezer-safe container and freeze for 1-2 hours, stirring occasionally for a smooth consistency.

3. Serve

- Once the ice cream has reached a scoopable consistency, serve and enjoy

Matcha Green Tea Protein Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (vanilla flavor)
- 200ml (7 oz) almond milk
- 1 tsp matcha powder
- 5-6 ice cubes

METHOD

1. Blend the Ingredients

- In a blender, mix the protein powder, almond milk, matcha powder, and ice cubes. Blend until thick and creamy.

2. Freeze the Mixture

- Pour the mixture into a freezer-safe container and freeze for 1-2 hours, stirring every 30 minutes for a smoother texture.

3. Serve

- Scoop and enjoy this creamy, antioxidant-rich matcha protein ice cream.

Cinnamon Roll Protein Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (vanilla flavor)
- 200ml (7 oz) almond milk
- 1/2 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 1/4 tsp almond extract (optional, for added flavor)
- 5-6 ice cubes

METHOD

1. Blend the Ingredients

- Add the protein powder, almond milk, cinnamon, vanilla extract, almond extract (if using), and ice cubes to a blender. Blend until smooth.

2. Freeze the Mixture

- Pour the mixture into a freezer-safe container and freeze for 1-2 hours, stirring occasionally for a creamy texture.

3. Serve

- Scoop and enjoy this rich, cinnamon roll-inspired protein ice cream.

Mocha Almond Crunch Protein Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (chocolate flavor)
- 200ml (7 oz) almond milk
- 30ml (1 oz) brewed espresso, cooled
- 1 tbsp chopped almonds (15g / 1/2 oz)
- 5-6 ice cubes

METHOD

1. Blend the Ingredients

- In a blender, combine the protein powder, almond milk, espresso, and ice cubes. Blend until smooth.

2. Freeze the Mixture

- Pour the mixture into a freezer-safe container, fold in the chopped almonds, and freeze for 1-2 hours, stirring occasionally.

3. Serve

- Scoop and enjoy this mocha almond crunch ice cream, perfect for coffee lovers!

Lemon Blueberry Protein Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (vanilla flavor)
- 100g (4 oz) frozen blueberries
- 200ml (7 oz) almond milk
- 1 tsp lemon zest
- 1 tsp lemon juice
- 5-6 ice cubes

METHOD

1. Blend the Ingredients

- Combine the protein powder, blueberries, almond milk, lemon zest, lemon juice, and ice cubes in a blender. Blend until thick and creamy.

2. Freeze the Mixture

- Pour the mixture into a freezer-safe container and freeze for 1-2 hours, stirring occasionally.

3. Serve

- Once the ice cream has reached a scoopable consistency, serve and enjoy.

ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
7. **The Sculpted Vegan Video Blogs**
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
8. **Free Resources**
   Download training and meal plans for free
9. **Get Kim's Look**
   Get the deets (AND DISCOUNTS!)

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