



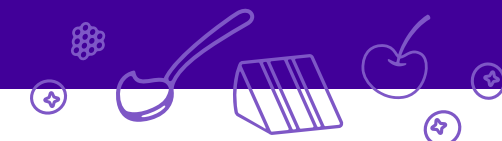
truwhip

Protein Ice Cream Sandwiches

Serves: 6-8

Cook time: 10 minutes

Prep time: 30 minutes



Ingredients

COOKIE INGREDIENTS:

- 1 cup peanut butter
- 1 egg
- 1/2 cup vanilla protein powder
- 2 tablespoons monk fruit brown sugar
- 1/4 cup chocolate chips

ICE CREAM INGREDIENTS:

- 1 container truwhip whipped topping
- 1 1/2 scoops vanilla protein powder

Directions

1. Combine truwhip and vanilla protein powder until smooth. Freeze overnight.
2. Preheat oven to 350 degrees and line a baking sheet with parchment paper.
3. In a bowl, mix together peanut butter, egg and monk fruit until smooth.
4. Stir in protein powder, then chocolate chips.
5. Scoop dough onto baking sheet, shaping the cookies slightly with your hands.
6. Bake for 10 minutes. Once cookies have cooled, add a heaping scoop of truwhip mixture to one cookie, then sandwich with another cookie. Roll into sprinkles, if desired! Store in freezer until ready to eat.