

PREP: 20
COOK:
SERVES:8

Healthier High-Protein Choc Mint Ice Cream Sandwiches

Refreshing, creamy, and protein-packed—these Healthier Choc Mint Ice Cream Sandwiches put a better-for-you spin on a classic. With Greek yoghurt, protein powder, and Queen's sugar-free syrups all blended in your Ninja Creami, they deliver minty-chocolate indulgence between the crisp digestives. It's your summertime guilt-free treat.

Ingredients

1 cup full cream milk (or unsweetened nut milk)

2 tbsp unsweetened Greek yoghurt

1 scoop vanilla protein powder

2 tbsp Queen Sugar Free Maple Flavoured Syrup

2 tbsp Queen Sugar Free Chocolate Mint Fudge Topping

Method

STEP 1

In a blender combine milk, yoghurt, protein powder, choc mint syrup and maple syrup and blend until smooth and creamy.

STEP 2

Transfer mixture to your Ninja Creami pint container, ensuring it does not go over the max fill line, and freeze overnight until completely sold.

STEP 3

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Ingredients

16 healthier digestive biscuits (we used Gullon 99.5% sugar free digestives)

Method

Process in the Ninja Creami using the "Ice Cream" setting. If the mixture isn't creamy enough, add a little extra milk and re-spin until creamy.

STEP 4

Sandwich ice cream between two digestive biscuits then freeze for a 2-3 hours to set and serve.

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