



CP'S BOYSENBERRY WAFFLE ICE CREAM SANDWICH WITH MIXED BERRY COMPOTE



MAKES:
4 SERVINGS

SERVING SIZE:
1/2 OF A WAFFLE (TWO
QUARTERS STACKED) + 1
SCOOP OF ICE CREAM

**CALORIES
PER SERVING**

261 kcal

P 21g

C 31g

F 8g

NET CARBS: 25g

**PREP AND
COOK TIME:**



**PREP TIME
10 MINUTES**



**COOK TIME
6-8 MINUTES**



**FREEZE TIME
8 HOURS**



**TOTAL TIME
8 HOURS 20 MINUTES**

EQUIPMENT NEEDED:



Waffle iron or Air fryer with
waffle plate



Whisk



Mixing bowl



Non-stick
spray



Small
Saucepan



Ice Cream Maker &
Pint sized container



INGREDIENTS:

FOR THE WAFFLES



1/2 cup (120g)
pancake mix



1 scoop (60g)
boysenberry or vanilla
meal replacement
shake powder



1 large (50
g) egg



3/4 cup (120 ml)
unsweetened
almond milk



FOR THE MIXED BERRY COMPOTE



1 bag (12 oz / 340g)
frozen mixed
berries, thawed



2 tsp (30g)
sweetener of
choice

FOR THE ICE CREAM

CHRIS POWELL



2 scoops (60g) vanilla
meal replacement
shake powder



1.5 cup (120 ml)
unsweetened
almond milk

INSTRUCTIONS:

Prep the Ice Cream (the night before)

In a shaker bottle, combine 1.5 scoops vanilla meal replacement shake powder and 1.5 cups almond milk. Shake well. Pour into a pint-sized container and freeze for 8 hours. Insert into an ice cream maker (Ninja Creami) and use the 'Lite Ice Cream' setting to blend until smooth.



2

Make the Waffles

Preheat your waffle iron and lightly spray with non-stick spray. In a mixing bowl, whisk together 1 cup almond milk and egg. Whisk in pancake mix and 1 scoop shake powder until smooth. Pour ½ cup of batter onto the waffle iron and cook for 2-3 minutes until golden brown.

3

Make the Mixed Berry Compote

In a small saucepan, heat thawed mixed berries over medium heat. Stir in sweetener and let cook for 3-5 minutes until thickened. Remove from heat and let cool slightly.



4

Assemble the Sandwiches

Insert frozen pint of ice cream into an ice cream maker (Ninja Creami) and use the 'Lite Ice Cream' setting to blend until smooth. Take two quarters of a waffle and place a large scoop of ice cream between them. Top with mixed berry compote and press lightly. *Serve immediately and enjoy!*



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RECIPE AND
HUNDREDS
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COMPARISON TO TRADITIONAL ICE CREAM SANDWICHES:

Category	CP's Boysenberry Waffle Ice Cream Sandwich	Traditional Ice Cream Sandwich
Calories	261 kcal	600 kcal
Protein	21g	8g
Carbs	29g	80g
Fat	8g	25g
Net Carbs	25g	75g
Cost per serving	\$2.69	\$4.50

MAKES 4 SERVINGS
RECIPE TOTAL
COST: \$6.75