

# CP'S CHOCOLATE PB & OREO ICE CREAM



**MAKES:**  
1 PINT

**SERVING SIZE:**  
1 PINT

**CALORIES PER SERVING** 470 kcal

**P** 40g

**C** 38g

**F** 19g

NET CARBS: 28g

**PREP AND COOK TIME:**



**PREP TIME**  
5 MINUTES



**FREEZE TIME**  
8 HOURS



**TOTAL TIME**  
5 MINUTES  
+ FREEZE TIME

## EQUIPMENT NEEDED:



Shaker bottle



Ninja Creami or similar ice cream maker



Freezer

## INGREDIENTS:



1.5 scoops (52g) Chocolate Peanut Butter Meal Replacement Shake



1.5 cups (360ml) Unsweetened Vanilla Almond Milk



2 tbsp (12g) Peanut Butter Powder



4 Oreo cookie wafers (crushed)



# INSTRUCTIONS:

## 1 Blend the Base

In a shaker bottle, combine the chocolate peanut butter meal replacement shake powder and almond milk. Shake well until fully blended.



## 2 Freeze

Pour the blended mixture into a Ninja Creami pint container. Freeze for 8 hours or until solid.



## 3 Process and Add Mix-ins

Once frozen, insert the container into the Ninja Creami and use the 'Lite Ice Cream' setting to blend. Hollow out the center and add crushed Oreo cookies as mix-ins. Blend using the 'Mix-In' setting until smooth.



## 4 Serve and Enjoy

Scoop out, mix peanut butter powder with 2 Tbsp Almond milk until a paste and drizzle over ice cream. If desired, you may sprinkle Oreo crumbles over the top for extra crunch. Serve immediately.



**MAKES 1 PINT**  
**RECIPE TOTAL COST: \$5.00**

### COMPARISON TO POPULAR CHOCOLATE PEANUT BUTTER ICE CREAM:

Category	CP's Chocolate PB & Oreo Ice Cream	Popular Chocolate Peanut Butter Ice Cream
Calories	470 kcal	1400kcal
Protein	40g	18g
Carbs	38g	140g
Fat	19g	80g
Net Carbs	34g	
Cost per serving	\$5.00	\$7.00

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