

CP'S VANILLA CARAMEL CHURRO ICE CREAM



MAKES:
1 PINT

SERVING SIZE:
~14 oz / 350g

**CALORIES
PER SERVING** **259 kcal**

P 27g

C 30g
NET CARBS: 20g

F 5g

**PREP AND
COOK TIME:**



PREP TIME
3 MINUTES



MIXING TIME
3 MINUTES



FREEZE TIME
OVERNIGHT



CREAMI SPIN TIME
3 MINUTES

EQUIPMENT NEEDED:



Freezer-safe Creami
pint container



Whisk or Blender



Ninja Creami

INGREDIENTS:



1 bottle (326g)
Fairlife Vanilla
Shake



1/2 tsp (1g)
Vanilla
Extract



1/2 tsp (1g)
Ground
Cinnamon



2 tsp (10g)
Sugar-Free
Caramel Syrup



1 tsp (4g)
Monk Fruit
or Allulose
Sweetener



1.5 tbsp (15g)
sugar-free
vanilla pudding
mix



Optional Mix-Ins:
1/4 cup crushed
Cinnamon Chex
Cereal



INSTRUCTIONS:

1 Blend Fairlife Vanilla shake, sugar-free jello mix, cinnamon, caramel syrup, vanilla extract, and sweetener



2 Pour into Creami pint container and freeze upright for at least 12 hours.

3 Spin on Lite Ice Cream setting. If crumbly, add 3 Tbsp any milk of choice and Re-Spin to make it creamy.

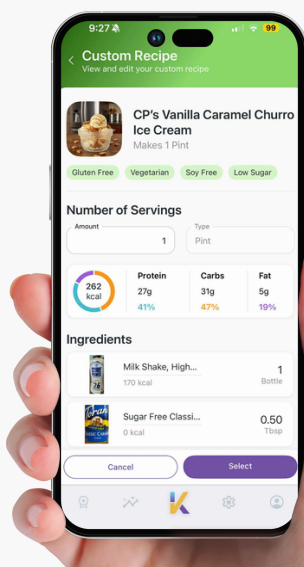


4 Scoop into a bowl and crumble Cinnamon Chex over the top of the ice cream.

5 Dust with extra cinnamon if desired and churro chill out 😎



MAKES 1 SERVING
RECIPE TOTAL COST: \$3.13 PER PINT



**TRACK THIS
RECIPE AND
HUNDREDS
MORE ON THE
KEPT APP!**



KEPT
with Chris Powell™

**COMPARISON TO COLD STONE "CHURRO
CARAMEL CRAVE" ICE CREAM (SIMILAR SIZE):**

Category	CP's Vanilla Caramel Churro Ice Cream	Store-Bought
Calories	259 kcal	690 kcal
Protein	27g	9g
Carbs	30g	
Fat	5g	
Net Carbs	20g	
Cost per serving	\$3.13	\$4.79