

High Protein - Thickened Ice Cream (Magic Cup Alternative)

Source: Carly Gabler, RD

1. Soften 2 cups of ice cream (chocolate or vanilla) and put in a blender.
2. Add to the blender,
 - 4 scoops Nestle's Beneprotein or Bertholet's EZ Protein (use specific scoop from the container) and
 - 6 scoops of Nestle's Resource Thicken-Up Clear (use specific scoop from the container)
3. Blend everything together and stirring occasionally.

Optional: Add 1tsp of cinnamon for taste

Nutritionals: ½ cup ice cream serving = 150 calories, 7-8 g of protein, 6g fat, 18 grams of carbohydrate

** Fridge Life = 1- 2 days as product starts to take on fridge flavor (but held firmness over 1 week).*

Note: see recipe testing below in document

Test Recipe

1. Soften 1+1/2 cup chocolate ice cream and put in a blender.
2. Add 9 scoops of Nestle's Resource Thicken-up Clear (according to the instructions on the label).
3. Blended for 7-10 minutes – stirring occasionally.

Consistency

Baseline

Thick pudding that did not drip off spoon
Holds shape

15 minutes

On counter: Still thick and holding shape, not dripping off spoon
Fridge: Holding shape and stiffer than on counter
Freezer: Same as fridge

30 minutes

On counter: Still pudding thick, holding shape on spoon and barely falling off the spoon
Fridge: Very firm, not falling off spoon
Freezer: Even firmer, hold very well

1 hour

Counter: Pudding, mouse thickness, very little melt and still holding shape on spoon
Fridge: Very firm and holding shape
Freezer: Getting harder, could almost cut with a knife (but still gummy, gel like)

