

Ice Cream Recipe suggestion

Serves 1 (305kcal, 19g protein per serving)



Ingredients*

- 1 sachet of ProSource Plus (We recommend Citrus Berry or Orange Crème flavour)
- 2 scoops vanilla ice cream
- Any additional toppings, such as fruit, nuts or broken biscuits

Note: Other ice cream flavours also taste great with ProSource. Why not try a chocolate ice cream with an Orange Crème flavoured ProSource, for a delicious chocolate orange dessert.

Method

Step 1

Place 2 scoops of Vanilla ice cream into a bowl

Step 2

Pour over one sachet of ProSource

Step 3

Top with any additional toppings and enjoy!



Serving suggestion

* Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.