

# WPI 90

WHEY PROTEIN ISOLATE

## Strawberries & Cream Ice Cream Cakes

**Makes 6**

Per serve

7.6g Protein

25.8g Carbohydrates

10g Fat



### Ingredients

#### Base

- ¼ cup almonds (40g)
- ¼ cup oats (25g)
- ¼ cup desiccated coconut (20g)
- 1 tsp maple syrup
- 3 medjool dates
- 1 Tbsp cacao powder

#### Ice Cream

- 1 scoop (30g) [True WPI90 Strawberries and Cream](#)
- 1 ½ cups coconut milk
- 1 Tbsp maple syrup
- 1 Tbsp coconut oil
- Pinch of pink salt
- 4 medjool dates (80g)
- 3 strawberries

### ABOUT:

A classic combination of delightful flavours, these strawberries and cream ice cream cakes make a healthier alternative to what you might buy in a store.

### Method

1. Blend all base ingredients together until a dough consistency forms.
2. Divide the mixture into six even sized pieces and spread them into the muffin tray. Place muffin tray into freezer while making the ice cream layer.
3. Blend together all the ingredients for the ice cream layer, then pour mixture into the muffin tray on top of the bases. Place back into the freezer to set overnight.
4. Remove from the freezer for at least ten minutes before serving