

Ideal Ice Cream

Ingredients:

- 1 packet of drink mix (chocolate, vanilla, or cappuccino)
- 1/3 of a premade drink (Chocolate, vanilla, or cappuccino)
- 2 tbsp. of Walden Farms syrup (Chocolate, caramel, or marshmallow dip)
- 1 packet of sweetener (optional)

Directions:

1. Make the drink mix as directed
2. Pour the drink mix in an ice cube tray and freeze for at least an hour.
3. After frozen, put the ice cubes in a blender
4. Pour about 1/3 of a premade drink, 2 tbsp. of walden farms syrup, and Splenda in the blender.
5. Blend until frothy and serve.