

# A guide to protein powders



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Thorne's line of high quality protein powders ensures you get the best fit for your dietary and lifestyle needs.

# Protein: an introduction

## The importance of protein

Protein is one of three key nutrients that your body needs daily. Protein is considered a macronutrient, along with carbohydrates and fats. It is found in both animal sources and plant sources. The quality of a protein is based on the amounts and types of amino acids it provides. Typically, animal proteins from meat, fish, poultry, dairy, and eggs have more of the amino acids the body needs than do proteins from plants, such as soybeans, peas, rice, and vegetables. Plant-based proteins are often missing one or more “essential amino acids” – making them incomplete proteins. What is an essential amino acid? It’s an amino acid needed by the body but that cannot be made in the body.

Collagen makes up about 30 percent of the protein in the body. Collagen powders are usually made up of short chains of specific amino acids (proline, glycine, and hydroxyproline in particular) called peptides.

## Who could benefit from a protein supplement?

It’s important for everyone to get adequate protein as part of a healthy diet. Certain conditions or lifestyle choices may increase the body’s need for protein.

Here are some groups of people who might benefit from protein supplementation:

- / Individuals who engage in strenuous exercise
- / Vegans and vegetarians
- / Growing children and adolescents
- / Individuals recovering from surgery\*
- / Individuals healing from an injury or burn\*
- / People on a weight management program or a calorie-restricted diet\*
- / Older adults, whose protein needs increase at the same time they might be eating less due to reduced appetite, difficulty chewing or swallowing, or poor digestion
- / Anyone wanting support for healthy skin, hair, and nails.\*



## How can protein supplements affect my health?

Sufficient protein can help you in several ways:

- / Promotes overall nutritional health\*
- / Helps maintain muscle mass\*
- / Supports healthy immune function\*
- / Promotes muscle recovery after strenuous exercise\*
- / Supports healthy skin, hair, and nails\*

## How do I take a protein supplement?

Most protein supplements are provided as a flavored or unflavored powder. You can add that powder to liquids or soft foods (such as oatmeal or applesauce), or blend it with ingredients such as ice and fresh fruit to make a shake. See the recipes on pages 8-15.



## Collagen Fit

Unflavored / Unsweetened

- / Nutrient support for joints, muscles, bones, and skin\*
- / Improves activity-related or exercise-induced joint pain\*
- / Promotes the growth of lean muscle mass\*



## Collagen Plus

Passion Berry

- / Enhances the health of skin, hair, and nails\*
- / Promotes the hydration, elasticity, and strength of the skin\*
- / Reduces fine lines and wrinkles and lightens and brightens skin pigment\*
- / Supports skin hydration for dry, rough, scaly skin\*



## MediClear Plus®

Unflavored / Unsweetened

- / Formulated to support liver and colon detoxification\*
- / Well-absorbed botanical phytosomes
- / Maintains the body’s normal inflammatory response to toxins\*



## MediClear-SGS™

Chocolate / Vanilla

- / Support for detox programs and elimination diets\*
- / Enhanced liver support from sulforaphane glucosinolate (SGS)\*
- / Provides long-lasting cell protection from free-radical damage\*



## RecoveryPro®

Chocolate

- / NSF Certified for Sport®
- / Supports restful sleep and enhances lean muscle mass\*
- / Optimizes nighttime muscle recovery\*






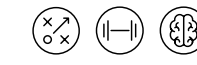
## Whey Protein Isolate



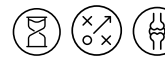

Chocolate / Vanilla

- / NSF Certified for Sport®
- / Ideal for people who need additional protein in their diets\*
- / Supports fitness training, weight management, and healthy lifestyle\*

# A side by side comparison



	MediClear Plus® Unflavored 	MediClear-SGS™ Chocolate 	MediClear-SGS™ Vanilla 	RecoveryPro® Chocolate 
Calories	100	170	190	140
Total fat	1.5 g	3.5 g	5 g	6 g
Protein	20 g	20 g	20 g	13 g
Fiber	1 g	2 g	1 g	4 g
Total carbs	2 g	9 g	10 g	9 g
Gluten-free	•	•	•	•
Vegetarian	•	•	•	
+ Vitamins & minerals	•	•	•	
Best for	Detox	Detox	Detox	Sports performance*
Add. benefits	GI & liver support*	GI & liver support*	GI & liver support*	Sleep & muscle support*
Spotlight	EXCLUSIVE	EXCLUSIVE	EXCLUSIVE	NSF

	Whey Protein Isolate Chocolate 	Whey Protein Isolate Vanilla 	Collagen Fit Unflavored 	Collagen Plus Passion Berry 
Calories	100	100	60	61
Total fat	1 g	0.5 g		
Protein	21 g	21 g	14 g	12 g
Fiber	1 g	1 g		
Total carbs	4 g	3 g		2 g
Gluten-free	•	•	•	•
Vegetarian				
+ Vitamins & minerals				
Best for	Sports performance*	Sports performance*	Muscle & joint support*	Skin, hair & nail support*
Add. benefits	Immune support*	Immune support*	Healthy aging*	Healthy aging*
Spotlight	NSF	NSF	NSF	EXCLUSIVE



# Thorne powders

## Recipe guide



Start your day with a Thorne protein shake or try one of our other unique ways to incorporate protein powder into your diet.

**Collagen Fit**

**MediClear-SGS™ Chocolate**

**Whey Protein Isolate Chocolate**

**Collagen Plus**

**MediClear-SGS™ Vanilla**

**Whey Protein Isolate Vanilla**

**MediClear Plus®**

**RecoveryPro®**



# Smoothie recipes

Note — You can substitute with your protein powder of choice. If you want to add Collagen Fit or Collagen Plus to any of these, cut the amount of each protein powder in half. You can also cut the recipes in half for a 2 per day experience.

## Almond Cinnamon Roll

### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS™ vanilla
- 14-16 oz** Almond milk
- ½ tsp** Almond extract
- ½ tsp** Cinnamon

For **extra richness**, one tbsp of plain, honey, or vanilla yogurt, or one-half of a banana, or several almonds ground to a powder can be added.

## Apple Lemon Double Ginger

### Ingredients

- 2 scoops** MediClear Plus® or MediClear-SGS vanilla
- 6 oz** Apple juice
- ½ oz** Lemon juice (fresh squeezed)
- 1 tbsp** Ginger juice (optional)
- 2-4 oz** Cold water

For a **thicker smoothie**, add ice and eliminate water.

## Apple Pie

### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 4 oz** Unsweetened organic applesauce
- 12-14 oz** Water or milk of choice
- ½ tsp** Cinnamon

For an **extra cold shake**, freeze single serving containers of applesauce.

## Banana Almond Shake

### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1** Banana (small)
- 1 tbsp** Almond butter
- 10 oz** Water, unsweetened almond milk, or unsweetened coconut milk
- 4-6** Ice cubes

## Banana Chocolate

### Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS chocolate
- 2 oz** Coconut milk (plain), rice milk, or nut milk
- 2-4 oz** Cold water
- ½-1** Banana

For a **thicker smoothie**, add ice and eliminate water.

If your **smoothie is too gritty**, add 1 tsp flax oil.

## Basic Morning Shake

### Ingredients

- 2 scoops** MediClear-SGS chocolate or vanilla
- 1 scoop** FiberMend (optional)
- 1 cup** Frozen fruit (organic berries are best)
- 8-10 oz** Water or unsweetened coconut milk

For a **thinner shake**, add more liquid, up to 10 ounces, and 1/2 cup of frozen fruit.

For a **thicker shake**, add 3-4 ice cubes, only 8 ounces liquid and 1 cup of fruit and choose an “add-in” from the list below.

## Blueberry Banana

### Ingredients

- 2 scoops** Whey Protein Isolate Vanilla
- 16 oz** Liquid of choice (milk, coconut milk, almond milk, cashew milk, water, soymilk)
- 1 cup** Blueberries (frozen or fresh)
- 1** Banana (frozen or fresh)
- ¼ cup** Walnuts
- 1 tbsp** Chia or flaxseed
- 1 cup** Ice

# Smoothie recipes

## Chocolate-Almond Delight

### Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS™ chocolate
- 10 oz** Water
- 1** Small banana (for a creamier shake, use a frozen banana broken into pieces)
- 1 tbsp** Almond butter
- 4-6** Ice cubes

## Chocolate Coconut Joy

### Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS chocolate
- 1 scoop** FiberMend (optional)
- 1 cup** Coconut milk
- 1 tbsp** Almond butter
- ½ tsp** Almond extract
- Desired** Ice

## Chocolate Orange

### Ingredients

- 1 scoop** MediClear-SGS chocolate or ½ scoop Whey Protein chocolate
- 1 scoop** FiberMend (optional)
- 1 cup** Coconut milk
- 1** Peeled orange or 2 peeled tangerines
- Dash** Cinnamon

## Cocoa-Berry

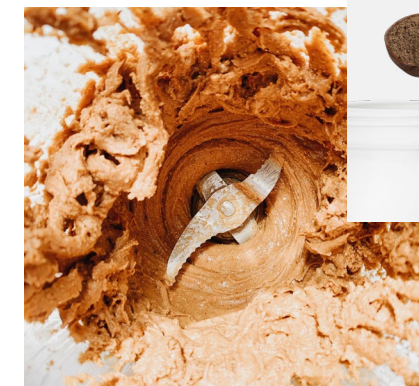
### Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS chocolate
- 1** Handful of berries (strawberry, raspberry, blackberry, etc – fresh or frozen)
- 10 oz** Water, unsweetened almond milk, or unsweetened coconut milk
- 4-6** Ice cubes (Also works with cherries)

## Coconut Cashew Banana

### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 8-10** Finely ground cashews
- 12-14 oz** Coconut milk
- 1 tbsp** Coconut milk yogurt
- ½** Banana





## Smoothie recipes

### Dark Chocolate Blueberry Spinach Power Shake

#### Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS™ chocolate
- 2** Handfuls raw baby spinach or baby kale or 1 scoop of Daily Greens Plus
- 1** Handful frozen blueberries
- 1-2 tbsp** Dark cocoa powder (optional – but recommended)
- 8-10 oz** Water, unsweetened almond milk, or unsweetened coconut milk

### Greek Honey Yogurt

#### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 12-14 oz** Spring water
- 2 tbsp** Greek honey yogurt (or a non-dairy yogurt substitute)

### Lemon Zip

#### Ingredients

- 1 scoop** MediClear-SGS vanilla
- 1 scoop** FiberMend® (optional)
- 1 cup** Coconut milk
- ½ bunch** Organic parsley
- ¾ cup** Blueberries (or other low-glycemic fruit)
- ½"** Ginger root, sliced thin
- ¼"** Lemon slice, seeded, with the peel

**Mix well** in a high speed blender. If you do not have a high-speed blender, omit the lemon peel.

### Nutter Butter

#### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1 scoop** FiberMend (optional)
- 1 cup** Coconut milk
- 1 tbsp** Almond butter
- Desired** Ice

### Nutty Vanilla

#### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- ¼ cup** Cashews blended with 4 oz of water until creamy
- 12-14 oz** Water
- ¼ tsp** Organic vanilla powder or vanilla extract
- 1 tbsp** Chia seeds

**For a strawberry twist**, add ½ cup organic strawberries

### Orange Creamsicle

#### Ingredients

- 2 scoops** MediClear-SGS vanilla
- 1** Peeled seedless orange
- 8-10 oz** Water, unsweetened almond milk, or unsweetened coconut milk
- 4-6** Ice cubes

(Use chocolate MediClear-SGS for a chocolate-orange shake)

### Orange Standby

#### Ingredients

- 2 scoops** MediClear® (Plus or SGS vanilla)
- 6 oz** Orange juice (fresh squeezed)
- 2-4 oz** Cold water

**For a thicker smoothie**, add ice and eliminate water.

### Orange Passion Fruit

#### Ingredients

- 1 scoop** MediClear-SGS™ vanilla or ½ scoop of Whey Protein vanilla
- ½ scoop** Collagen Plus
- 2 oz** Orange juice (fresh squeezed)
- 2-4 oz** Cold water
- ½** Banana and/or ½ cup fresh or frozen fruit

**For a thicker smoothie**, add ice and eliminate water.

## Smoothie recipes

### Peach Almond Berry

#### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1 scoop** FiberMend (optional)
- 1 cup** Unsweetened almond milk
- ½ cup** Frozen peaches
- ½ cup** Frozen berries
- ¼ tsp** Pure vanilla extract

### Peaches and Cream

#### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1** Fresh peach (small)
- 10 oz** Water, unsweetened almond milk, or unsweetened coconut milk
- 4-6** Ice cubes
- Dash** Vanilla or almond extract (if desired)

### Peach Cooler

#### Ingredients

- 2 scoops** MediClear® (Plus or SGS vanilla)
- 6 oz** Pear juice
- 2 oz** Cold water
- ½ cup** Peaches (fresh or frozen)

### Peanut Butter Chocolate

#### Ingredients

- 1 scoop** Whey Protein chocolate or 2 scoops MediClear-SGS chocolate
- 2 tbsp** Peanut butter
- 10 oz** Water, unsweetened almond milk, or unsweetened coconut milk
- 4-6** Ice cubes

### Pecan Coconut

#### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1 tbsp** Finely ground pecans
- 12-14 oz** Coconut milk
- 2** Ice cubes



## Smoothie recipes



### Piña Colada

#### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS™ vanilla
- 2 oz** Coconut milk
- 6 oz** Pineapple juice
- 4 oz** Cold water

### Plum Ice

#### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1** Ripe plum (pitted)
- 10 oz** Water (you may like more in this recipe)
- 4-6** Ice cubes
- Juice** 1 lemon

### Pumpkin

#### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 12-14 oz** Coconut milk (another type of milk can be substituted)
- 3-4 tbsp** Canned organic pumpkin
- 1/8 tsp** Pumpkin pie spice

For extra richness, two tbsp of yogurt can be added (plain, vanilla, or honey yogurt, or a non-dairy “yogurt” such as yogurt made from coconut milk can be substituted).

### Super Green Smoothie

#### Ingredients

- 1 scoop** Whey Protein vanilla or 2 scoops MediClear-SGS vanilla
- 1** Handful of baby spinach or 1 scoop Daily Greens Plus
- ½** Banana (fresh or frozen)
- 1 tbsp** Almond butter
- 10 oz** Water or coconut water

### Tart & Tasty

#### Ingredients

- 2 scoops** MediClear® (Plus or SGS Vanilla)
- 2 oz** Pomegranate juice
- 2 oz** Pear juice
- 1/2 cup** Raspberries (fresh or frozen)
- 4 oz** Cold water

### Tropical Smoothie

#### Ingredients

- 1 scoop** Collagen Plus
- ¼ cup** Mango (in cubes)
- ½ cup** Pineapple chunks (frozen is great)
- 10 oz** Water or coconut water
- 4-6** Ice cubes

## Non-smoothie recipes

### Basic Overnight Protein Oats

#### Ingredients

- ½ cup** Rolled or steel-cut oats
- ½ - 1 tbsp** Sweetener of choice
- ¾ - 1 cup** Milk of choice (dairy, oat, nut, soy, etc.)
- Pinch** salt
- 1 scoop** Whey Protein Isolate Vanilla
- Add-ins** Berries, bananas, honey, cinnamon, vanilla, cinnamon, nuts or seeds, chocolate bits

#### Directions

**Combine** dry ingredients in a bowl or container (I use a mason jar) and mix to incorporate.

**Add** your milk of choice.

**Refrigerate** overnight (or until liquid is absorbed if you’re eating later in the day).

**Add** extra liquid (milk of choice, honey, syrup, yogurt, etc.) and stir to desired consistency.

**Top** with the add-ins you like and serve.

### Collagen Scrambled Eggs

#### Ingredients

- 1 tbsp** Olive oil
- ¼** Red bell pepper
- 1 handful** Kale or baby spinach
- 3** Eggs
- ¾ cup** Milk
- 1 scoop** Collagen Fit

#### Directions

**Grease** a pan with olive oil.

**Chop up** bell pepper and kale (or baby spinach) into small pieces.

**Add** chopped ingredients into a bowl with eggs, milk, and Collagen Fit.

**Whisk** until all ingredients are evenly mixed.

**Pour** into pan. Cook on low heat and flip with spatula as eggs cook.

**Serve** onto plate.

### Gluten Free, No-Bake Chocolate Protein Bars

#### Ingredients

- ½ cup** Any milk you prefer – we used unflavored/unsweetened almond milk
- 1 cup** Unsalted, raw almond butter
- 1 tbsp** Honey
- 1½ cup** Whey Protein Isolate Chocolate
- 2 cups** Uncooked oats
- ½ cup** Unsweetened coconut flakes
- ½ cup** Dried chopped cherries

This classic coconut and cherry combo is delicious and adds great texture – but you could use anything you like – and don’t forget to try our Whey Protein Isolate Vanilla as the base to open up a host of new flavor combinations. We’ve also made these bars with dried hemp seeds, cranberries, and mini dark chocolate chips, which were a hit. Be brave and mix and match your add-ins to create new tasty versions.

#### Directions

**Make sure all ingredients are at room temperature.**

**Lightly oil** a 9 x 11-inch pan or baking sheet.

In a large mixing bowl, **combine** almond butter, honey, and milk.

**Add** protein powder and mix well. It’s going to start to get hard to mix, so be ready to put some muscle into it.

**Add** the oats. If it’s way too thick/dry to mix, then add a little more milk – start with a tablespoon. If you add too much liquid the bars will be very sticky and might not hold up very well. We usually give up on the spoon at this point and knead with our hands like a dough – messy, but fun and honestly more effective.

**Add** coconut and cherries and combine well.

**Press** bars into the pan until they are flat and even and cover the whole bottom of the pan. Use a sharp knife to score them into your preferred size/shape.

We recommend **keeping them in the fridge**, or they get pretty soft. Keep the bars in the fridge in an airtight container – they usually last 7-10 days.

**Yield – 12-16 bars**





# Non-smoothie recipes

## Gelatin Shots

### Ingredients

**Adapted from the UC Davis original recipe and makes eight servings**

**80 grams** Gelatin (½ cup or 10 packets of most brands)

**1 cup** Water

**2 cups** Other liquid (choice of juice/liquid for flavoring, or additional water and use a natural sweetener to taste)

**500 mg** Vitamin C

**½ capsule** Thorne's Ascorbic Acid

**¼ scoop** Thorne's Buffered C Powder (for additional calcium, magnesium, and potassium)

### Directions

Bring the two cups of other liquid to a **boil**.

**Mix** the gelatin and vitamin C into one cup of room temperature water.

**Add** the boiling liquid to the gelatin/vitamin C mixture.

**Pour** into a flat tray or a silicone ice cube tray in eight equal parts.

**Place** in the refrigerator.

If using a flat tray, **divide** into eight equal pieces.

**Options** – Maximize this fun delivery system by experimenting with different liquids – such as vegetable or fruit juice – and by adding other nutrients.

We've seen Thorne's Catalyte® used as the "other liquid" to support hydration, while others have added other foundational supplements such as magnesium, iron, or vitamin D.

**In a hurry?** Athletes can mix 15 grams of gelatin powder into a vitamin C-containing liquid and consume the liquid without waiting for it to set.

## Passion Berry Yogurt

### Ingredients

**1 scoop** Collagen Plus

**¾ cup** Plain Greek yogurt

**1½ tbsp** Gluten-free rolled oats

**Optional:** Add a few raspberries or blueberries



## No-Bake Nutrition Bar

### Ingredients

While we have tried many protein bar recipes, this one has a mix of protein, carbohydrates, and fats, with minimal ingredients and endless options to customize, and kids can easily make them because they don't require baking.

**1½ cup** Rolled or quick oats

**½ cup** Nut butter of choice

**½ cup** Honey or agave

**3-4** Scoops Whey Protein Isolate Vanilla (you can adjust the amount of protein for desired consistency)

**Add-ins** Berries, bananas, honey, cinnamon, vanilla, cinnamon, nuts or seeds, chocolate bits

### Directions

**Stir** all ingredients together until well mixed.

**Transfer** to an 8x8-inch pan with wax paper - you can use different size pans for different thickness (we used a square silicone muffin pan)

**Line** the top of the mixture with another sheet of wax paper and press down to create uniform height (if you have another 8x8 pan, then place it on top and press down)

**Freeze** until hard, then cut into bars of the desired size

These bars can keep in the freezer for up to a month.

**Yield** – 10-12 bars

## RecoveryPro® Hot Chocolate Recipe

### Ingredients

This simple recipe uses RecoveryPro – a chocolate-flavored whey protein blend with additional supplements to promote restful sleep.\* A delicious bedtime treat.

**1 scoop** RecoveryPro

**8 oz** Either hot or cold water around bedtime



# Non-smoothie recipes

## Protein-Infused Cold Brew

### Ingredients

**½ cup** Coffee beans

**4 cups** Water

**1 scoop** Whey Protein Isolate (Chocolate or Vanilla depending on preference)

**Optional:** ½ cup of your favorite milk

### Directions

**Measure and grind** coffee beans.

**Pour** the coffee grounds into a mason jar.

**Pour** water and stir until evenly mixed.

**Steep** for 16 hours unrefrigerated or for 24 hours refrigerated.

**Tip:** For fullest flavor, steep for 36 to 48 hours.

**Strain** cold brew: **Place** coffee filter holder and filter over top (a flour sack cloth also works) and **pour** into large bowl.

**Transfer** into a cup for drinking. Put the remainder in a clean jar and store in the refrigerator for **up to one week**.

**Add** protein powder to cup and stir.

**Optional:** Dilute cup with as much water or milk as you prefer and stir.

## Thorneberry Punch

### Ingredients

Prepare the Amino Complex Berry by mixing one scoop in 6 ounces of water; shake thoroughly.

**2 oz** Amino Complex Berry mixture

**2 oz** Coconut water

**2 oz** Cranberry juice

**Serve** over ice with a squeeze of lime.

Delicious way to support lean muscle.



## Whey Ice Cream

### Ingredients

**Whey Protein Ice Cream Base**

**14 oz** Whole milk/coconut milk/almond milk

**2 oz** Whipping cream

**4 oz** Half-and-half (or substitute a flavored creamer for variety; but if you go this route, be sure to look for products that meet your dietary preferences)

**¼ cup** Sour cream

**2 scoops** Whey Protein Isolate Chocolate or Vanilla

**½ tsp** Xanthan gum

**1 tsp** Gelatin

**To taste** – Up to one cup of sugar – or its equivalent of your preferred sugar substitute/sugar-free flavoring syrup. (Note: Thorne's Whey Protein Isolate, available in chocolate or vanilla flavor, is already naturally sweetened)

**Note** – If you use lower fat milk/non-dairy options, then double the amount of gelatin and xanthan gum.

**Flavor options** – coffee, nuts, frozen fruits, flavored syrups, or additional vanilla extract or cocoa powder.

### Directions

**Mix** all ingredients together except the xanthan gum, gelatin, and optional flavorings (especially if solid). If ingredients are not chilled, then place in the freezer or refrigerator to chill.

**Tip** – Mix the ingredients in a blender or use an immersion blender.

In a blender or using an immersion blender, **slowly add** the gelatin and xanthan gum, incorporating as best as possible on very low speed.

**Alternate** – very slowly whisk in the xanthan gum and gelatin, being mindful to break up any clumps of the powder.

**Follow the directions on your ice cream maker**, adding solid ingredients (fruit, nuts, cookie pieces, or whatever you choose) toward the second half of your machine's recommended mixing time.

**Alternate** – Although the outcome won't be quite the same, we have a hack for those without access to an ice cream maker. After the xanthan gum and gelatin are incorporated (we highly suggest blending) pour the mixture into ice cube trays and let the cubes partially freeze before blending to achieve an ice cream like texture.

**Yield** – 1.5-2 quarts



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