

Pistachio Soft-Serve Ice
Cream

Pistachio Soft-Serve Ice Cream

8 ice cubes
4 oz. water
1 scoop [HMR® 120 Vanilla](#) (or one serving
any vanilla HMR Shake mix)
4 teaspoons sugar-free, fat-free pistachio
instant pudding mix

Calories: 145

1. Place ice cubes in a food processor fitted with a metal blade. Process until ice is crushed.
2. Turn off the food processor. Scrape down ice.
3. Turn the food processor back on. Add water, shake mix, and pudding powder.
4. Mix for 3–4 minutes (the longer you mix, the lighter it will become).