

## Strawberry Soft-Serve Ice Cream

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4 oz. cold water  
1 cup frozen strawberries (unsweetened)  
1 scoop [HMR® 120 Vanilla](#) (or one packet any vanilla HMR Shake mix)  
2-3 packets non-caloric sweetener

**Calories: 170**  
**Fruit Servings: 1**

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1. Place frozen berries in a food processor fitted with a metal blade.
2. Process frozen berries until finely ground. Scrape berries down.
3. Add water, shake mix, and sweetener.
4. Process for 2 minutes or until it becomes a soft “ice cream” texture.