



truwhip

Banana Cream Pie Ice Cream Bites

Serves: 6-12

Prep Time: 1 hr 30 min



Ingredients

1 container truwhip whipped topping, thawed

1 scoop vanilla protein powder

2 medium bananas, overripe & mashed

Vanilla wafers

Directions

1. Add protein powder and mashed bananas to truwhip whipped topping.
2. Stir to combine.
3. Place a vanilla wafer into the bottom of a mini muffin pan, add truwhip mixture, then top with another wafer.
4. Freeze for one hour or until firm.
5. Remove from muffin pan and enjoy!