

FEEL LIKE A KID

Serves: 1 • Serving size: 2 scoops

5
minutes

PREP: 5 minutes

HOMEMADE “Frozen Cookie Blast”

6–8 cookies of choice
2 scoops of ice cream of choice
1 tbsp. whole milk

1. Place cookies in base of Chop 'N Prep® Chef, replace cover and pull cord until evenly chopped.
2. In base of Power Chef® System fitted with blade attachment, add ice cream, crushed cookies and milk. Replace cover and pull cord until well combined.
3. Transfer “Frozen Cookie Blast” to thermal jar and enjoy on-the-go frozen for up to 2 hours.

Nutritional Information (per serving):
Calories: 600 Fat Total Fat: 27g Saturated Fat: 12g Cholesterol: 60mg Sodium: 350mg
Carbohydrates: 80g Fiber: less than 1g Sugar: 58g Protein: 8g Vitamin D: 2% Calcium:
15% Iron: 20% Potassium: 6%



date
me

Tupperware®

TO DEMO



Chop 'N Prep Chef

OPTIONAL



Measuring
Spoons



Ice Cream
Scoop



Thermal
Flasks



Power Chef® System