

Quick and Easy Sweet Bread

Submitted by Alta B.

1 pint of your favorite sugar free ice cream, softened to a stirring consistency

1 scoop of unflavored protein powder, such as Any Whey®

1 ½ cups self-rising flour

Preheat oven to 350°F. Mix the dry ingredients. Stir the dry ingredient mixture into the softened ice cream until moistened. Spray a large loaf pan with nonstick spray and pour the mixture into it. Bake at 350°F for 50 minutes. Makes 8 servings.

Nutrition information per serving: 98 calories, 5 grams protein, 1 gram fat, 18 grams carbohydrate, 311 mg sodium.