Ingredients: Vegetable Glycerin, Erythritol, Sugar, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Corn Starch), Guar Gum, and Xanthan Gum.

Allergen Statement: Manufactured in a facility that processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts and peanut butter.  
  
\*Add your protein powder's nutrition facts to FREEZINda's™ for total nutritional value.  
  
PROTEIN POWDER NOT INCLUDED  
STORE IN A COOL, DRY PLACE  
ICE CREAM MAKER NOT NEEDED  
INTENDED FOR USE WITH HOME FREEZERS  
GREAT FOR POST-WORKOUT RECOVERY

Manufactured For:   
FREEZINDA LLC  
ZEPHYRHILLS, FL 33543  
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 **Questions/Comments:**FREEZINDA.COM(708)79-FREEZ  
TAG US #FREEZINda  
@FREEZINda

IF YOU CAN MAKE A PROTEIN SHAKE YOU CAN MAKE FREEZINda™!  
 **VIDEO:** FREEZINDA.COM/HOWTO

**You will need: water protein powder   
 freezer-safe container**

**EASY DIRECTIONS**1.) Use kitchen measuring cups to scoop **3/4 cup** of **your protein powder** into a freezer-safe container (20 oz or larger).  
2.) Pour in **1 cup** (8 oz) **cold water**.

3.) Pour in FREEZINda™ liquid & dry mix.

4.) Stir 1 min or place lid on & shake.

5.) Place in your freezer.

Enjoy tomorrow or any day after! (Ready after 14 hrs.)

**Helpful Tips:**  
If you can't measure 3/4 cup, simply scoop in about 50-55 grams of protein using your manufacturer's scoop.

Some protein powders do not easily dissolve in water. Don't worry, if you have clumps it will still work & taste great.  
  
For best results use filtered water.  
  
If your made frozen dessert's texture is too soft add 1-2 oz more water on next batch & if it's too hard use 1-2 oz less water.  
 **Did you Know?**  
 You can also make popsicles & microwavable

dessert muffins! View your recipes at:   
 FREEZINDA.COM/RECIPES

ITEM#: FRZND1  
LOT/USE BY:

**LUKE 10:27**