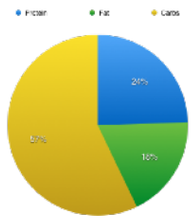
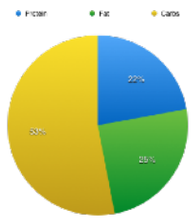
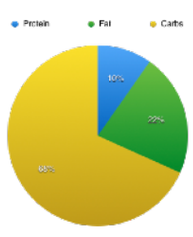
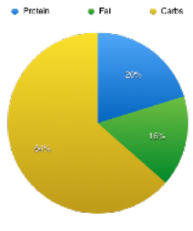
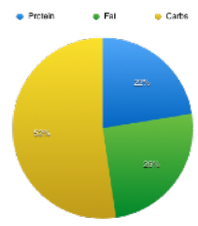
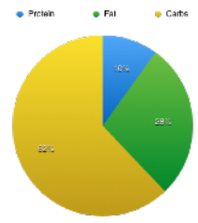
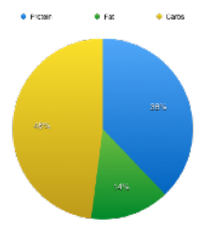
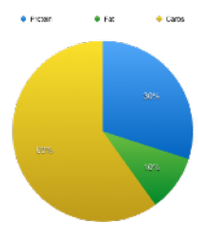
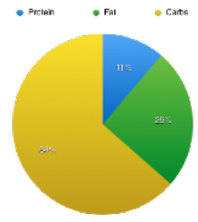
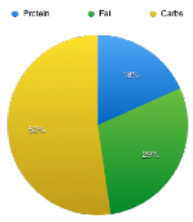
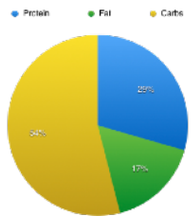
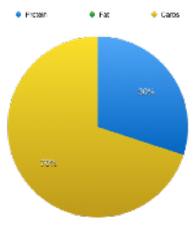
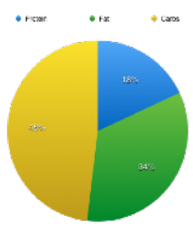
Quest for the Best - Healthier Ice Cream

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Eat Enlightened - Chocolate	9 The chocolate flavor is great and it's not too sweet. It's not quite as rich of a chocolate flavor as Halo Top, but still really delicious.	10 Seriously creamy! Best texture of all of them - doesn't come out of the pint crumbly either.	*Per 1/2 cup serving*: 60 calories 6 g protein 2 g fat 14 g carbs (5 g fiber, 3 g sugar, 5 g erythritol)	*27 flavors*: Bananas Foster Birthday Cake Black Cherry Chocolate Chip Brownies & Cookie Dough Butter Pecan Caramel Oatmeal Cookie Crunch Chocolate Chocolate Chip Cookie Dough Chocolate Peanut Butter Cookies & Cream Cold Brew Coffee French Toast Frozen Hot Cocoa Fudge Brownie Glazed Donut Marshmallow Peanut Butter Mint Chocolate Chip Movie Night Peanut Butter Chocolate Chip Red Velvet Sea Salt Caramel S'mores Snickerdoodle Strawberry Cheesecake Toasted Almond Triple Chocolate Vanilla	Skim Milk, Milk Protein Isolate, Erythritol (Natural Sweetener), Non-GMO Soluble Corn Fiber, Dutched Cocoa, Cream, Contains 2% or Less of: Vegetable Glycerin, Carob Gum, Guar Gum, Natural Flavor, Monk Fruit Extract	$5.99 per pint	I've also tried the Frozen Hot Cocoa, Triple Chocolate, Birthday Cake, and Snickerdoodle. Frozen Hot Cocoa was my fave! You can also order Eat Enlightened online via IceCreamSource.com.	
Halo Top - Chocolate	10 This one has a deep chocolate flavor. Tastes like the real thing!	9 You can see in the picture that Halo Top looks a little crumbly coming out of the pint (even after letting it thaw for 15 minutes) BUT it's super creamy when it hits your mouth!	*Per 1/2 cup serving*: 70 calories 5 g protein 2.5 g fat 12 g carbs (2 g fiber, 5 g sugar, 5 g sugar alcohol)	*17 flavors*: Vanilla Bean Chocolate Lemon Cake Strawberry Mint Chip Chocolate Mocha Chip Birthday Cake Chocolate Chip Cookie Dough Peanut Butter Cup Cookies & Cream Sea Salt Caramel S'mores Pistachio Oatmeal Cookie Chocolate Almond Crunch Black Cherry Red Velvet	Milk and cream, eggs, erythritol, prebiotic fiber, milk protein concentrate, organic cane sugar, high fat cocoa, vegetable glycerin, sea salt, organic carob gum, organic guar gum, organic stevia.	$4.99 per pint	Halo Top and Arctic Zero are the most widely available of the ice creams on this list. If you still can't find it, check out IceCreamSource.com for a lot of these brands (just be prepared to spend about $33 in shipping costs for 6 pints).	
Arctic Zero Light Ice Cream - Chocolate Chunk	9 This is a pretty chocolatey ice cream but has a very slight bitterness to the chocolate flavor.	10 Very creamy and nice big chunks of chocolate that aren't too hard to eat in a frozen treat.	*Per 1/2 cup serving:* 80 cals 2 g protein 2 g fat 14 g carbs (3 g fiber, 10 g sugar)	*7 flavors:* Cookies & Cream Chocolate Chunk Cookie & Brownie Dough Mint & Chocolate Cookies Peanut Butter & Chocolate Cookies Toffee Crunch Vanilla Bean	Skim Milk, Cane Sugar, Prebiotic Fiber, Organic Chocolate Chunks (Organic Cane Sugar, Organic Coconut Oil, Organic Cocoa Powder, Organic Soy Lecithin, Organic Vanilla Extract), Cream, Dutch Processed Cocoa Powder with Alkali, Whey Protein Concentrate, Acacia Gum, Guar Gum, Locust Bean Gum, Sea Salt, Natural Flavors	$4.99 per pint	Arctic Zero sent me all of their new flavors to try out and review, and I was not disappointed! I like their light ice cream a lot, especially compared to their Fit Frozen Desserts line (see #12 on this list). The chocolate chunk flavor was my personal favorite but they were all really yummy.	
Breyers Delights Ice Cream - Creamy Chocolate	9.5 Breyers did a great job with the chocolate flavor here…deep and rich, more of a dark chocolate flavor than milk chocolate. It's not too sweet and there's no pronounced aftertaste.	9 It takes quite a while for this one to soften up, but once it does it's nice and creamy.	*Per 2/3 cup serving:* 90 cals 7 g protein 2.5 g fat 22 g carbs (1 g fiber, 7 g sugar, includes 2 g added sugar, 6 g sugar alcohol)	*7 flavors:* Butter Pecan Cookies & Cream Creamy Chocolate Mint Chip Raspberry Fudge Vanilla Bean Vanilla Cupcake	Skim Milk, Soluble Corn Fiber, Erythritol, Milk Protein Concentrate, Dutched Cocoa (Processed with Alkali), Cream, Less Than 2% of: Sugar, Guar Gum, Carob Bean Gum, Stevia Leaf Extract, Vitamin A Palmitate	$4.99 per pint		

Peanut Butter & FITNESS

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Skinny Cow Low Fat Ice Cream - Oh Fudge Cookie	9 The vanilla base of this ice cream is rich and the fudge swirls are delicious and chocolatey.	9.5 This ice cream has a super creamy mouth feel. I would have given it a 10 if the cookie chunks were more noticeable - they're pretty small and get lost in the creaminess of the ice cream.	*Per 1/2 cup serving:* 105 cals 6 g protein 3 g fat 14 g carbs (0 g fiber, 11 g sugar)	*7 flavors:* Chocolate Cake Me Away Fudgetastic Java Mint Chip Mashup Oh Fudge Cookie Oh My! Vanilla Bean Peanut Butter Chocolate Rock On! Rocky Road	Skim Milk, Milk Protein Concentrate, Sugar, Cream, Corn Syrup, Egg Yolks, Wheat Flour, Water, Cocoa Processed with Alkali, Palm Oil, Salt, Guar Gum, Pectin, Chocolate, Caramel Color, Corn Starch, Baking Soda, Natural Flavor, Soy Lecithin, Stevia Leaf Extract, Vanilla Extract, Vitamin A Palmitate	$4.48 / 14 oz package	Skinny Cow also offers ice cream sandwiches, bars, and cones.	
Ben & Jerry's Moo-Phoria Light Ice Cream - P.B. Dough	9.5 The base of this ice cream has more of a dark chocolate taste. The cookie dough is good and peanut buttery. It's not overly sweet and I didn't notice any sort of aftertaste.	9 This isn't quite as creamy as some of the other options on the list and I wish there were more cookie dough chunks.	*Per 1/2 cup serving:* 160 cals 4 g protein 5 g fat 25 g carbs (1 g fiber, 16 g sugar)	*3 flavors:* Caramel Cookie Fix Chocolate Milk & Cookies P.B. Dough	Water, Organic Skim Milk, Liquid Sugar (Sugar, Water), Corn Syrup Solids, Wheat Flour, Organic Cream, Cocoa (Processed with Alkali), Sugar, Egg Yolks, Peanuts, Brown Sugar, Butter (Cream, Salt), Chocolate, Salt, Tapioca Flour, Peanut Flour, Natural Flavor, Vanilla Extract, Guar Gum, Peanut Oil, Locust Bean Gum, Cocoa Butter, Soy Lecithin	$4.19 per pint	This isn't officially a "protein ice cream," but you'll find it in that part of the freezer section. It's tasty, but only clocks in at 10% of its calories coming from protein.	
Forte High Protein Gelato - Chocolate	9 Forte tastes almost exactly like chocolate ice cream…it's got the deep chocolate flavor and sweetness you would expect (not surprising since there are 18 g sugar per serving!)	9 Nice and creamy like regular gelato.	*Per 1/2 cup serving*: 160 calories 15 g protein 2.5 g fat 19 g carbs (1 g fiber, 18 g sugar)	*4 flavors*: Vanilla Chocolate Ginger Espresso	Skim milk, milk proteins, organic Fair Trade cane sugar, cream, organic agave nectar, organic Fair Trade Dutch-process cocoa, cage-free egg yolk, organic Fair Trade Madagascar vanilla	$2.75 per 1/2 cup (equates to $11 per pint)	If you're looking for the next best thing to ice cream or are in search of something organic, this is a good one if you can spare the extra sugar.	
ProYo Low Fat Ice Cream - Dutch Chocolate	7.5 The chocolate flavor is strong, but not rich. It's quite sweet and doesn't have the tanginess of yogurt that you might expect.	9 This one doesn't even need to thaw before it gets creamy! Just be careful because it will melt fast if you don't pay attention.	*Per 1/2 cup serving:* 120 calories 10 g protein 1.5 g fat 20 g carbs (3 g fiber, 9 g sugar, 7 g sugar alcohols)	*7 flavors*: Vanilla Bean Mint Chip Dutch Chocolate Coconut Mocha Dark Chocolate Toffee Blueberry Pomegranate	Skim Milk, Whole Milk, Whey Protein Concentrate, Xylitol (Natural Sweetener), Cane Sugar, Inulin, Cocoa treated with Alkali, Natural Flavors	$3.89 per pint	I actually really liked this one even though I didn't expect to. I would definitely buy again.	
Halo Top Dairy Free Frozen Dessert - Pancakes & Waffles	8.5 I thought this was really yummy. There's barely a coconut taste to it but that could be due to the super-sweetness of the maple swirl.	8.5 There is a very slight grittiness to this, probably due to the pea protein on the ingredients list. Otherwise, it's really creamy and ice cream-like. The pancake/waffle chunks kind of blend in with the ice cream and don't stand out very well.	*Per 1/2 cup serving:* 80 cals 3 g protein 3 g fat 17 g carbs (5 g fiber, 7 g sugar, 5 g sugar alcohol)	*14 flavors:* Birthday Cake Candy Bar Caramel Macchiato Chocolate Chocolate Almond Crunch Chocolate Chip Cookie Dough Chocolate Covered Banana Cinnamon Roll Oatmeal Cookie Pancakes & Waffles Peanut Butter Cup Sea Salt Caramel Toasted Coconut Vanilla Maple	Coconut milk (coconut cream, water), prebiotic fiber, organic cane sugar, erythritol, maple syrup swirl (sugar, water, corn syrup, maple syrup, natural flavor, molasses, salt), waffle cone crunch (wheat flour, sugar, molasses, natural flavor, salt), rice protein concentrate, vegetable glycerin, natural flavors, pea protein isolate, organic carob gum, organic guar gum, sea salt, organic sunflower lecithin, organic stevia leaf extract.	$4.99 per pint	I decided to include this dairy free option on the list for my own personal benefit :) Plus, you'll find it right next to the regular Halo Top, so you should know about all of your options!	

Peanut Butter & FITNESS

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Yasso Frozen Greek Yogurt - Chocolate PB & Yay	8.5 The peanut butter swirl in this fro-yo is a little bitter but the chocolate base has a nice sweetness and has good, deep flavor.	8 Starts a little icy but then gets creamy as it melts. The peanut butter swirl is present throughout - they weren't stingy with it!	*Per 1/2 cup serving:* 150 cals 7 g protein 5 g fat 20 g carbs (1 g fiber, 16 g sugar)	*8 flavors:* Best of Both Swirlds Caramel-Pretzel Mania Chocolate PB & Yay Coffee Brownie Break Loco Coco Caramel Mint Champion Chip Party Animal Rolling in the Dough	Nonfat Milk, Greek Yogurt (Nonfat Milk, Yogurt Cultures), Peanut Butter Base (Peanuts, Sugar, Peanut Oil, Salt), Sugar, Peanut Butter Flakes (Powdered Sugar (Sugar, Corn Starch), Coconut Oil, Peanuts, Salt, Natural Flavor, Soy Lecithin), Milk Protein Concentrate, Dextrose, Maltodextrin, Cocoa Processed with Alkali, Cream, Locust Bean Gum, Soy Lecithin, Guar Gum.	$4.99 per pint	You can find this brand at Target.	
Slim Twin Organic Ice Cream - Chocolate	7.5 This is more of a dark chocolate flavor but it also comes with a slight aftertaste.	8.5 It takes a while for this one to soften, but once it does, it's mostly creamy.	*Per 1/2 cup serving:* 70 cals 6 g protein 1.5 g fat 11 g carbs (3 g fiber, 4 g sugar, 4 g sugar alcohol)	*7 flavors:* Cardamom Chocolate Coffee Cookies & Cream Lemon Cookie Mint Chip Vanilla	Organic nonfat milk, organic egg yolk, organic milk protein concentrate, organic cocoa powder processed with alkali, organic erythritol, organic soluble tapioca fiber, organic cream, organic cane sugar, organic vanilla extract, organic locust bean gum, organic monk fruit extract	$5.49 per pint	This is a spin off of the Three Twins brand ice cream.	
Arctic Zero Fit Frozen Dessert - Purely Chocolate	7.5 There's not nearly as much flavor in Arctic Zero as Halo Top and Eat Enlightened. The chocolate flavor is there, but it's not a deep flavor.	8.5 You need to catch this one at the perfect amount of melt for it to be creamy, but even then, it's not all that creamy.	*Per 1/2 cup serving*: 35 calories 3 g protein 0 g fat 7 g carbs (2 g fiber, 5 g sugar)	*17 flavors (10 creamy flavors plus 7 chunky flavors)*: Purely Chocolate Toasted Coconut Cappuccino Chocolate Peanut Butter Cookie Shake Hint of Mint Salted Caramel Vanilla Maple Cake Batter Poppin' Pomegranate Buttery Pecan Cookie Dough Chip Brownie Blast Snickerdoodle Dandy Cherry Chocolate Chunk Peanut Butter Swirl Rocky Road Trip	Purified water, Whey Protein Concentrate (Milk), Organic Cane Sugar, Chicory Root, Sugarcane Fiber, Dutch Processed Cocoa Powder with Alkali, Guar Gum, Xanthin Gum, Natural Flavors, Sea Salt, Monk Fruit Concentrate.	$4.99 per pint	Arctic Zero has less mix-ins compared to Eat Enlightened but this is a good option if you need something with no fat and very low calories!	
Thrive Ice Cream - Simply Chocolate (No Sugar Added)	5 The chocolate flavor is super artificial.	8 This one is creamy once you get it in your mouth, but it's really hard to scoop.	*Per 1/2 cup serving*: 110 calories 6 g protein 5 g fat 16 g carbs (5 g fiber, 1 g sugar, 9 g sugar alcohol)	*4 flavors (All available in regular and no sugar added varieties)*: Creamy Vanilla Simply Chocolate Salted Caramel Buttered Pecan	Water, Cream, Maltitol, Milk Proteins, Inulin, Cocoa (processed with alkali), Polydextrose, Vitamins & Minerals (Dimagnesium Phosphate, Tricalcium Phosphate, Potassium Chloride, Dipotassium Phosphate, Ferric Orthophosphate, d-1 alpha Tocopheryl Acetate, Zinc Oxide, Niacinamide, D-Calcium Pantothenate, Manganese Sulfate, Vitamin A Palmitate, Thiamin Mononitrate, Pyridoxine Hydrochloride, Cupric Oxide, Riboflavin, Chromium Chloride, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Vitamin K-1, Folic Acid, Vitamin D3, Cyanocobalamin), Less than 1% of: Glycerol, Stabilizer (Mono & Diglycerides, Cellulose Gel, Cellulose Gum, Carageenan, Maltodextrin), Natural Flavors, Salt, Ascorbic Acid (Vitamin C), Cultures (Bifidobacterium, L. acidophilus, L. paracasei), Sucralose, Acesulfame Potassium, Eggs.	$4.99 per pint	I actually had to shrink the text of the ingredients list because it's that long. Plus it's got a few ingredients I'd rather avoid! See the ones in red. I would not buy this one again.	

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