

## Fitness Dessert: Vanilla Protein Creme with Strawberries



### Nutrition Facts

Amount Per Serving

<b>Calories</b>	226 kcal
<b>Protein</b>	38.3g
<b>Carbohydrate</b>	12g
<b>Fat</b>	2.5g
<b>Dietary Fiber</b>	1g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients:

- [40g Whey Protein Vanilla \(Free Myprotein Impact Whey Protein for new customers\)](#)
- 60g Strawberries
- 130ml Milk (low-fat)
- Bourbon Vanilla

### Preparation:

Wash strawberries and cut it into pieces. Mix low-fat milk with Whey Protein until you get a creme. Add the strawberries and a bit of bourbon vanilla. This is a tasty and healthy version of a vanilla creme without sugar added. Additionally your body gets some extra proteins. Enjoy this fitness dessert and stay fit!