Fitness Dessert: Vanilla Protein Creme with Strawberries

Nutrition Facts

Amount Per Serving	
Calories	226 kcal
Protein	38.3g
Carbohydrate	12g
Fat	2.5g
Dietary Fiber	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!