

## Fitness Dessert: Protein Curd Cheese Dumplings with Raspberry Sauce



### Nutrition Facts

Amount Per Dumpling

<b>Calories</b>	95 kcal
<b>Protein</b>	12g
<b>Carbohydrate</b>	2.9g
<b>Fat</b>	3.9g
<b>Dietary Fiber</b>	1.7g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients (8 small dumplings):

- 250g Curd cheese (low-fat)
- 60g Whey Protein (Vanilla)
- 1 Egg
- 40g Shredded almonds
- 100g Raspberries (frozen)
- Lemon peel
- Cinnamon
- 10ml Walden Farms Caramel Syrup (calorie free)

### Preparation:

Put curd cheese, Whey Protein and the egg into a bowl and mix it with a fork. Grate some untreated lemon peel and add it. Take a spoon and shape 8 small dumplings. Put them into boiling water (salted) for about 7 minutes. Put the frozen raspberries together with some water into a pan and simmer it until you get a sauce. Mix the shredded almonds with cinnamon and Walden Farms Caramel Syrup and add it to the dumplings. Serve the curd cheese dumplings with the raspberry sauce. Enjoy and stay fit!

### Product recommendations for this Fitness Recipe:



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