

Protein Dessert Recipe: Protein Vanilla Strawberries



Nutrition Facts

Amount Per Strawberry

Calories	30 kcal
Protein	5g
Carbohydrate	1.6g
Fat	0.4g
Dietary Fiber	0.2g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for 8 Vanilla Protein Strawberries:

- 8 Strawberries (100g)
- 100g Greek Yoghurt (low-fat)
- 40g Whey Protein Vanilla
- [Bourbon Vanilla](#)

Preparation of the Protein Strawberries:

Mix low-fat Greek Yoghurt with Vanilla Whey Protein and [Bourbon Vanilla](#). Wash the fresh strawberries and cut them into halves. Mix the halves with the Vanilla Protein Creme and put them on a plate.

Put it into the freezer for about 30 minutes - finished!

This is a very easy and delicious protein dessert. One protein strawberry contains 5g of protein and only 0.4g of fat. Enjoy and stay fit!