

Vegan Dessert: Peanut Butter Creme



Nutrition Facts

Amount Per Serving

Calories	498 kcal
Protein	42.3g
Carbohydrate	13.4g
Fat	28.8g
Dietary Fiber	11.8g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 50g [Peanut Butter Myprotein \(10% off for new customers\)](#)
- 50ml Soy milk
- 25g Soy protein
- 20g Cocoa (unsweetened)
- 50g Kiwi

Preparation of the Vegan Dessert:

Put [peanut butter](#), soy milk, soy protein and cocoa into a bowl and stir it with a tablespoon until it's liquid. Cut the kiwi into pieces and add it to the cream. Enjoy this **vegan fitness dessert** and stay fit!

Product recommendations for this fitness recipe: