



**PEANUT BUTTER
PROTEIN FLUFF**

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Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
244 kcal
20g Fats
9g Carbs
9g Protein



WHAT YOU NEED

- 1 cup (250g) full-fat Greek yoghurt
- 2 tbsp. peanut butter or almond butter
- Stevia (optional)
- favourite garnish (low fructose berries are your best option during your fat loss phase)

WHAT YOU NEED TO DO

Add the yoghurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.

Transfer the mix into a bowl and top with your favourite toppings to serve.