

PEANUT BUTTER PROTEIN FLUFF



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 yogurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

WHAT YOU NEED TO DO

Add the yogurt, 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.

