

PROTEIN STRAWBERRY

Short cake

INGREDIENTS

1 SCOOP 1UPNUTRITION VEGAN VANILLA PROTEIN POWDER

3 TABLESPOONS COCONUT FLOUR

1/4 CUP CASHEW MILK

SLICED ALMONDS

SUGAR FREE COOL WHIP

FRESH STRAWBERRIES

INTRODUCTIONS

SPRAY NON STICK SPRAY IN A COFFEE MUG. ADD IN 1 SCOOP OF PROTEIN POWDER, 3 TABLESPOONS OF COCONUT FLOUR AND 1/4 CUP OF CASHEW MILK, MIX TOGETHER.

MICROWAVE FOR 3 MINUTES AND 30 SECONDS OR UNTIL FIRM. FLIP THE MUG ONTO A PLATE AND ADD THE TOPPINGS, SUGAR FREE COOL WHIP, FRESH STRAWBERRIES AND SLICED ALMONDS.