IDEAL PROTEIN CHOCOLATE FROSTING

INGREDIENTS

- 2 Egg white
- Pinch of salt
- 1 tbsp. approved sweetener
- Ideal Protein Chocolate Pudding

PREPARATION

1. Whisk the Egg whites until peaks form and then add salt and sweeteners.
2. Mix and then add pudding mix. Mix until totally incorporated.
3. Use as you would any other icing or frosting.
4. Enjoy!

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