



KEY LIME PROTEIN FLUFF

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Nonfat Plain Greek Yogurt	1 Cup	Vanilla Extract	½ Tsp.
Vanilla Protein Powder	1 Scoop	Honey or Sweetener (Optional)	1-2 Tsp.
Juice	1 Lime	Light Whipped Topping	¼ Cup
Zest	1 Lime	Optional:Crushed Graham Crackers for Topping	1 Tbsp.

SERVING SIZE

1

PREPARATION

- Add Greek yogurt, protein powder, lime juice, lime zest, vanilla extract, and sweetener to a mixing bowl.
- Whisk together until smooth and creamy.
- Gently fold in whipped topping until the mixture becomes light and fluffy.
- Divide evenly into two serving cups.
- Refrigerate for at least 20-30 minutes before serving.
- Add optional crushed graham crackers or extra lime zest before serving.