



Nutrition Facts

Servings Size: 1 Cookie
Recipe Makes: 1 Serving

Amount Per Serving

Calories **193**

Total Fat 5g

Total Carbohydrate 21g

Protein 16g

XL Frozen Yogurt Protein Cookie

INGREDIENTS:

- 80g Plain Non Fat Greek Yogurt
- 35g Frozen Berries
- 8g Flex Brands Vanilla Whey/Casein Blend Protein Powder
- 2g Zero Cal Sweetener
- 14g Quick Oats
- 7g Mini Chocolate Chips
- 2g Coconut Flakes

1. Add all your ingredients (except mini chocolate chips and coconut flakes) into your bowl and mix till combined.
2. Then add a small piece of parchment paper on top of a small place. Add the mixture to the middle of the parchment paper and spread into the shape of a cookies.
3. Add your mini chocolate chips and coconut flakes on top.
4. Add to freezer for a few hours till solid. Then enjoy!