

High Protein Berrylicious



It's like Berries & Cream without the guilt, fat, and insulin spikes! This dessert turns a scientific fat-burning concoction into a delicious, good-for-you dessert you'll crave!

NUTRITIONAL INFO

Calories: 118

Fat: 0 grams

Carbs: 17.8 grams

Fiber: 2 grams

Protein: 12.5 metabolic boosting grams

Servings: 2 per recipe

Ingredients:

- (1 cup) Favorite berry
- (1 packet) Stevia® or Splenda®
- (1 scoop) LynFit Vanilla Complete Protein

Directions:

- Clean berries and place ingredients in a sealable bag
- Shake vigorously
- Plate and serve