

Slimming Strawberry Shortcakes



These strawberry shortcakes are so delicious you won't believe they are good for your weight loss, but they are! These good-for-you cupcakes go great with a LynFit fat-blasting Flat White Protein Shake. Dunk it in there—go ahead, I dare you.

NUTRITIONAL INFO

Calories: 80
Carbs: 8.5 grams
Protein: 12 metabolic boosting grams

Fat: 0.7 grams
Fiber: 1 gram

Servings: 3 per recipe

Ingredients:

- (1 scoop) LynFit Strawberry Complete Protein
- (1 cup) Sliced strawberries
- (½ tsp.) Baking powder
- (1–2 packets) Splenda® or Stevia®
- (2 tbsp.) Liquid egg whites
- (2 tbsp.) Non-fat vanilla or blueberry Greek yogurt
- Nonstick cooking spray

Tip: Top with additional strawberries and a dollop of Cool Whip®, if you dare.

Ingredients for Frosting (Optional):

- (½ cup) Chopped or crushed walnuts
- (1 tsp.) Cinnamon
- (1-2 packets) Splenda® or Stevia®

Directions for Frosting:

Mix the above ingredients together and top your cupcakes with it.

Directions:

- Preheat oven to 350° F
- Spray muffin tin with nonstick cooking spray
- Combine protein powder, baking powder, and sweetener until well-mixed.
- Add the egg white and Greek yogurt and combine all ingredients until evenly mixed.
- Spoon batter into muffin tins – about 2/3 full.
- Bake 15–18 minutes
- Allow to cool, slice in half
- Lay sliced strawberries on the cupcake and replace the other half of cupcake on top