



Neapolitan Protein Whip

This quick and easy recipe uses the sweetness in the small portion of dry cake mix and protein powder for a flavor that you are sure to love. With just 103 calories and 6 g of protein, you can have your dessert fix and the pleasure of knowing you consumed some nutrition at the same time!

Ingredients:

- 1 (1oz) pack of Vanilla Sugar Free Instant Pudding
- 2 cups of skim milk
- ¼ c Strawberry Cake mix
- 2 scoops of Chocolate protein powder
- 8 oz tub of sugar-free, fat-free Cool Whip

Directions:

- In a medium sized bowl, lightly whisk together instant pudding, milk, cake mix and protein powder together. Then, with a spatula, gently fold in the Cool Whip until all ingredients are evenly incorporated and all clumps disappear.
- Eat immediately, or chill if desired. Makes approximately 8 servings.

“You have the power to create change.”

