

PROTEIN MAPLE MOUSSE



INGREDIENTS:

- 1 scoop Breakfast in Bed GLAM PRO
- 1/2 cup nonfat Greek yogurt (plain or vanilla)
- 2/3 cup unsweetened plant milk (plain or vanilla)
- 2 tbsp stevia/monkfruit sweetener
- 2 tbsp sugar free (or pure maple) syrup
- 1/2 tsp xanthan gum
- 2 tbsp Instant sugar free/fat free pudding mix (white chocolate or vanilla)
- 1/2 cup + 2 tbsp dairy free whipped topping

DIRECTIONS:

- 1) Mix yogurt, milk, stevia, xanthan gum, and syrup until combined in a large bowl.
- 2) Add Glam Pro and pudding mix to the bowl, use an electric or hand mixer (can also do by hand) to mix for about 2 minutes. (It will thicken)
- 3) Fold in 1/2 cup whipped topping, making big folds to keep air in the mixture.
- 4) Let it sit in the fridge for 1 - 3 hours to set.
- 5) Top with whipped topping.

Enjoy!

Makes 1 Serving

Calories: 252 | Protein: 27 g | Carbs: 27 g | Fat: 4 g | Fiber: 2 g