

Receitas
Proteicas
Doces



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👉Ingredients👉

▼Crust:

- 2/3 c almond meal
- 1 c #OxyWhey Lean Protein in Delicious Chocolate
- 1/3 c raw cacao powder
- 1/4 c coconut oil
- 1/4 c sugar free maple syrup
- 3/4 tsp salt
- 2 tbsp natural sweetener
- 1 tsp vanilla extract

▼Filling

- 1 c extra light cream cheese
- 1 c light Greek yogurt
- 1 scoop #OxyWhey in French Vanilla
- 1/3 c PB2
- 1/4-1/2 c natural peanut butter
- 1-2 tbsp natural sweetener

▼Topping

- 2 tbsp natural peanut butter (melted)

Instructions

- Combined the crust ingredients in a bowl.
- Line the inside of an 8x8 spring form baking tin with baking paper and press the crust mix firmly into the tin and up the sides, then place in freezer.
- Blend filling ingredients in a blender remove the crust from freezer and pour the filling over the top. Swirl in the melted peanut butter and line the quest pb cup around the outside. Place in fridge overnight.
- Serves 10



SAL

É INIMIGO?



Cupcake de Chocolate Fitness

