

Protein Sprinkle Bites ( as found on Instagram @ jemmas\_balance)

300g Greek yogurt

1 tsp vanilla extract

1/4 tsp almond extract

30g vanilla whey protein

50g coconut flour

1 Tbsp sprinkles

Mix all ingredients except the sprinkles.

Spread into a small lined dish (it will be very thick).

Sprinkle the sprinkles 🍩

Freeze till solid then chop into 20 small pieces.

Store in the freezer and eat from frozen or defrost for a few minutes.

Macros (for 5 pieces): 131 calories, 15g protein, 1.9g fat, 13.6g carbs, 3.5g fiber, 5.3g sugar

Macros (for 1 piece): 26 calories, 3g protein, 0.4g fat, 2.7g carbs, 0.7g fiber, 1.1g sugar

