



Strawberry Delight

The creamy yogurt layer of this dish perfectly compliments the crunchy granola. Perfect as a light dessert, but equally good for breakfast or brunch.

75g granola
2 tbsp greek yoghurt
2 tbsp low-fat soft cheese
3 scoops Solgar Whey to Go
Protein Powder –
Strawberry Flavour
Approx 2 tsp sugar or Xylitol
Few drops vanilla extract
6 strawberries, hulled and sliced

Method

Divide the granola between 2 sundae glasses or small bowls.
Beat the soft cheese, yoghurt, vanilla extract and whey protein powder together until smooth. Sweeten to taste. Spoon the mixture over the granola and chill for 30 minutes.
Remove from the fridge and top with the sliced strawberries.

Serves 2

NUTRITIONAL INFORMATION PER SERVING:
Calories 410, Fat 13.8g, Saturated fat 5.4g, Carbohydrates 29g,
Fibre 4.3g, Protein 37.2g



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