



# PEANUT BUTTER PROTEIN FLUFF

[www.studio35.nz](http://www.studio35.nz)

# PEANUT BUTTER PROTEIN FLUFF



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
244 kcal  
20g Fats  
9g Carbs  
9g Protein



## WHAT YOU NEED

- 1 cup (250g) full-fat Greek yoghurt
- 2 tbsp. peanut butter or almond butter
- favourite garnish (banana, granola, blueberries)

## WHAT YOU NEED TO DO

*Add the yoghurt and nut butter into a small mixing bowl and whisk together using a hand mixer, until fluffy.*

*Transfer the mix into a bowl and top with your favourite toppings to serve.*

[www.studio35.nz](http://www.studio35.nz)