

Angie Bloom

My Favorite High Protein Snack For Weight Loss

SERVES 1

INGREDIENTS:

- rice cake of choice
- 1 T peanut butter
- 1 heaping scoop vanilla protein powder
- 1 tsp dark cocoa powder
- 1 T water

DIRECTIONS:

Mix all ingredients to spread onto rice cake. You may add chopped banana or anything else that excites you!

Nutrition: Calories 230 Fat 9.5g, Carbs 13.5g, Protein 26g, Sugar 3.5g