

CHOCOLATE GREEK YOGURT MOUSSE

Calories: 190

Protein: 23g | **Carbs:** 15g | **Fat:** 3g

Ingredients:

Non-fat Greek yogurt (FAGE or Chobani) – 150g

Chocolate whey protein powder – 20g

Unsweetened cocoa powder – 5g

Stevia or monk fruit – to taste

Dash of vanilla extract

Pinch of salt

Directions:

Mix protein powder and cocoa into Greek yogurt.

Add sweetener and a dash of vanilla and salt.

Chill or freeze for 10–15 minutes for a mousse texture.

