

PROTEIN PUDDING & RICE CAKES

Another sweet treat - it's your lucky day! Whip up a little pudding, and smother some dessert-flavored rice cakes.



INGREDIENTS

- **32g Rice Cakes** (I use 7 Glenny's All-Natural Crispy Wheat, Apple Cinnamon.)
- **1 Serving Cellucor Super Sport Whey Protein**
- **1 Tbsp Cinnamon**

INSTRUCTIONS

- Step 1 ///**
Combine a small amount of water with protein powder to create a pudding.
- Step 2 ///**
Spread pudding on rice cakes, and top with cinnamon.

NUTRITION FACTS	Quantity/g	Protein	Carbs	Fats	Calories
RICE CAKE MINI (APPLE CINNAMON) 1SRVG =32G	32	3	25	1	121
CELLUCOR SUPER SPORT WHEY	1	30	3	0.5	137
▶ TOTAL		33	28	2	258