



BODYBUILDING.COM™

Birthday Cake Protein Chow

Prep Time: 15 min.

Cook Time: 0 min.

Ingredients

1 cup rice or corn cereal

1.5 oz. white chocolate chips

1/2 scoop Gold Standard 100% Whey Birthday Cake

Directions

1. Melt chocolate chips in microwave safe dish.
2. Stir cereal into melted chocolate until coated.
3. Sprinkle in whey protein and stir to coat cereal pieces evenly.

Nutrition Information

Serving size: 1 bowl

Recipe yields 1 serving