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Snickerdoodle Protein Flan

Ingredients:

Jell-O flan mix 1 package

Milk 2 cups

Dymatize Elite 100% Whey Snickerdoodle protein 1 scoop

Directions:

1. Open caramel sauce packet included in the Jell-O flan. Pour evenly into 4 small cups or 1 small bowl.
2. Stir flan mix into 2 cups milk* in small saucepan. Bring to a boil over medium heat, stirring constantly. Pull pot off heat and mix in protein powder.
3. Pour slowly over caramel. Refrigerate 1 hour or until set (2 hours if preparing in bowl). To unmold, run small metal spatula around edge of each custard, invert onto plate, and shake slightly to loosen. Store leftovers in refrigerator.

*For best results, use 2% or whole milk.