



Protein Fruit Dip

- *Protein Fruit Dip*
 - *½ -1 scoop protein powder*
 - *1 cup Greek yogurt*
 - *1 tablespoon peanut or almond butter*
 - *Note: 2 teaspoons of flaxseed or flaxseed oil is a good substitute*
 - *Fresh fruit*

To do this, mix a ½ or full scoop of protein powder with one cup Greek yogurt and one tablespoon of peanut butter or almond butter.

If you're allergic to nuts, substitute one of the nut butters with 2 teaspoons of flaxseed or flaxseed oil.

Stir up the ingredients to a smooth consistency, and then place the dip in the fridge until you're ready to serve it.

When you're ready, pick your favorite fruit, start dipping, and enjoy!