COOKIE DOUGH PROTEIN DIP

INGREDIENTS:

- 1 cup plain Greek yogurt (can use dairy-free if needed)
- 3T cashew butter
- 1T maple syrup
- 1 tsp vanilla extract
- 1 scoop vanilla protein powder (we like Alloy vegan vanilla)
- 1/2 tsp cinnamon
- Pinch of sea salt
- 2T mini chocolate chips



NUTRITION PER SERVING:

- 65 calories
- 5g protein
- 5g carbs
- 0g fiber
- 3g sugar
- 3g fat
- 1g sat fat
- 5mg chol
- 11mg sodium

DIRECTIONS:

- Combine all ingredients in a bowl and mix until smooth.
- Enjoy with apples, pears, pretzels, and graham crackers!

Makes 12 Servings