

# Creamy coconut & cashew protein yoghurt



200g Greek yoghurt (use dairy free if preferred)

40g coconut cream (use the fat part from the top of a tin of coconut milk)

25g vanilla or coconut flavour whey or rice protein powder

1 tsp cashew butter

1 tsp vanilla extract or vanilla bean paste

50g frozen banana

## for the topping:

a sprinkle of hemp or chia seeds

a drizzle of maple syrup (optional)

a sprinkle of cashew nuts, chopped

Place all of the ingredients in a food processor or blender. Blend well until smooth.

Divide the mixture between two serving bowls. Add the toppings and serve.

*Consume immediately*

SERVES 2



## PER SERVING:

240 Calories

**13g Carbs**

**20g Protein**

**12g Fat**

