

# Protein jelly



1 sachet/pack sugar free strawberry or raspberry jelly (use vegetarian jelly if preferred\*)

½ pint boiling water

40g strawberry flavour whey or rice protein powder

½ pint of cold water

50g mixed berries

SERVES 3



\* If possible, use jelly which is free from artificial sweeteners, flavours, and colourings

Add the jelly to the boiling water. Stir well until the jelly has dissolved.

Stir in the protein powder. Top up with cold water.

Pour into dessert bowls or glasses and add the berries. Refrigerate until set.

Refrigerate for up to 3 days.



PER SERVING:

60 Calories

**2g Carbs**

**13g Protein**

**0g Fat**