



BODYBUILDING.com™

"Getting Siggy With It" Frosting

Ingredients:

8 oz Siggi's vanilla Icelandic yogurt (14 grams protein per 5.3 oz)
3 tbsp peanut butter
2 tbsp low fat cream cheese
2 tsp vanilla
2 tbsp maple cinnamon agave
3 scoops BPI Best Protein Vanilla Swirl

Directions:

1. Add Siggi's yogurt and peanut butter to medium-sized bowl.
2. If you have a mixer, mix on medium speed for 1 minute. Otherwise, rev up your forearm muscle for some serious mixing.
3. Add in cream cheese and agave syrup and mix for 2 minutes. Add in vanilla and BPI whey and beat until smooth.