



Strawberry Protein Fluff

Ingredients

1/4 cup whey protein powder

1/4 cup whole milk

1 cup frozen strawberries

1/2 g xanthan gum

Directions

1. Place all ingredients in a bowl and blend to a smooth, frozen mixture.
2. Using an electric whisk, whisk mix for 5-8 minutes until it gains volume.
3. Eat immediately.