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Protein Fluff ♦♦

Protein fluff is a light and fluffy dessert that is high in protein. It is typically enjoyed as a post-workout treat or a healthy snack. The fluff is made by blending protein powder with a few simple ingredients and whipping it until it reaches a fluffy consistency. It can be flavored with various extracts and sweeteners to create different flavors.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

30 g	Protein Powder
100 g	frozen fruit
150 g	Greek yogurt
2 tsp	liquid sweetener
1 tsp	vanilla extract

50 ml Water

Directions

Step 1

Blending

In a blender, combine the protein powder, frozen fruit, Greek yogurt, liquid sweetener, vanilla extract, and water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Blend on high speed until the mixture becomes light and fluffy, about 2-3 minutes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Transfer the protein fluff to a bowl and enjoy immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Nutritional Content

High Protein

Low Calorie

Low Fat

Low Carb

Low Sodium

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Appetizers

Desserts

Drinks

Salads

Snacks

Sauces & Dressings

Meal Type

Snack

Supper

Difficulty Level

Easy

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