

High Protein Fruit Spread

8 oz fat free cream cheese
3 scoops Any Whey Protein Supplement
½ cup 100% fruit spread (no added sugar)
2 packets Splenda
2 tsp. vanilla extract

Leave cream cheese at room temperature for 30 minutes. Mix all ingredients with a hand mixer until smooth. Use on toast, English muffin, pancakes or as a dip with fresh fruit. Makes 8 servings.

Nutrition information per serving: 66 calories, 10 grams protein, 2 grams carbohydrate, 0 grams fat, 211 mg sodium.