



## *Protein Packed Frosting Recipe*



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Servings: Varies (but will cover 11"x7"x2" baking pan, or 24 mini muffins)

Contains Nut Butter, Dairy, Natural Sugar

### *Ingredients*

- 1 cup of Plain Greek Yogurt
- 1/4 cup of Natural Peanut Butter (or preferred Nut Butter)
- 1 tablespoon of organic real maple syrup or agave
- pinch of salt

### *Instructions*

- 1.) Combine Greek Yogurt, Peanut butter, Maple syrup and pinch of salt in a bowl.
- 2.) Whip til well incorporated.
- 3.) Should last 1-2 weeks in a BPA-free tupperware or silicon container in the fridge.