Creamy coconut & strawberry dessert

BODY TRANSFORMATION CENTRE

180g Greek yoghurt (use dairy free yoghurt if preferred)
30g coconut cream (use the fat part from a tin of coconut milk)
25g vanilla or strawberry flavoured whey or rice protein powder (optional)
100g fresh strawberries, hulled and chopped (reserve a few for topping)
7g unsweetened coconut flakes

SERVES 1

Place the yoghurt, coconut cream and protein powder (if using) in a bowl and mix until thoroughly combined. Stir in the strawberries.

Transfer the mixture to a serving bowl and top with the coconut flakes and remaining strawberries.

Serve.

Refrigerate any leftovers for up to 2 days.

PER SERVING:
413 Calories
18g Carbs
38g Protein
21g Fat