



Tropical Paradise Protein Whip



1/4 of recipe (about 1/2 cup): 103 calories, 2.5g total fat (2g sat. fat), 195mg sodium, 11g carbs, 0.5g fiber, 8g sugars, 8g protein

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Prep: 10 minutes **Cook:** 30 minutes



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Ingredients

1 cup low-fat cottage cheese
1/2 cup chopped mango (fresh or thawed from frozen)
2 tbsp. vanilla whey protein powder
2 natural no-calorie sweetener packets
1/8 tsp. coconut extract
1/8 tsp. vanilla extract
1/2 cup light whipped topping (thawed from frozen)
2 tsp. shredded sweetened coconut
Serving suggestion: fresh fruit, graham crackers

Directions

In a small blender or food processor (we love our [nutribullet!](#)) combine cottage cheese with mango. Blend briefly, just until smooth.

Transfer the mixture to a medium bowl. Add protein powder, sweetener, coconut extract, and vanilla extract. Mix until smooth and uniform.

Gently fold in the whipped topping and shredded coconut.

Refrigerate for at least 30 minutes before serving for best flavor and texture.

MAKES 4 SERVINGS

HG FYI: We tested this recipe with [whey protein powder](#), but feel free to experiment with your protein powder of choice!

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