

# Yogurt Fluff

## Ingredients:

- 15-20g vanilla protein powder (casein works best, though you can use a protein blend like Trutein).
- 2g Xanthum gum
- 4oz Almond milk (or whatever milk you prefer)
- 4oz Water (you can use 8oz of carbonated water or soda instead and remove the milk all together)
- 75g-225g plain or vanilla Greek yogurt

## Directions:

- Place all ingredients except the yogurt in a medium to large mixing bowl or stand mixer.
- Blend for 1-5 minutes using a hand mixer with a whisk attachment (or your stand mixer).
- The mixture should thicken to a foamy-like consistency. This is traditional Protein Fluff. You can stop here if you want and give it a try. Or you can just grab a can of Barbasol Thick and Rich. Same thing really.
- However, for Yogurt Fluff, you will now add in Greek yogurt. I find that anything less than 75g of yogurt doesn't result in enough thickness, so the more yogurt you add, the thicker it gets. Just use whatever fits your macros best.
- If you are using flavored protein powder, you don't need to add any additional flavor. However, I have a sweet tooth, so I like to add something extra to make it feel like I'm having a special treat. You can do this using extracts (banana extract, almond extract, etc), SF jello powder, or Walden Farms syrup. However, I found that the strongest and best flavor was when I used "Flex Flavors" by Devotion Nutrition. These little packets of goodness are only 2g of carbs (and zero everything else), but have a flavor punch like Mohammed Ali (may he rest in peace). They are a bit on the expensive side, but during prep when I'm desperate for a sweet treat, they are totally worth it. They have a variety of flavors to choose from (you can check them out at: <http://devotionnutrition.com/store/flex-flavors/> and no, I have no affiliation with their company).
- Now start blending again for a minute or two.
- And voila! Yogurt Fluff! This recipe made approximately two cups of fluff. However, if you increase the amount of protein powder, this will give you a larger serving (though make sure to increase your xanthum gum by a gram or two to accommodate the extra protein powder).