

protein fruit dip

This dip is nutty, delicious, and full of protein, which helps your muscles grow!



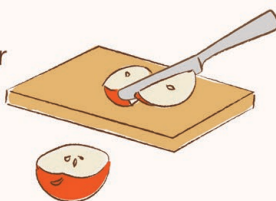
ingredients:

- | | |
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| <input type="checkbox"/> 1 tablespoon honey | <input type="checkbox"/> 1 cup Greek yogurt |
| <input type="checkbox"/> cinnamon (to taste) | <input type="checkbox"/> 4 tablespoons almond butter (or any nut butter substitute) |
| <input type="checkbox"/> apple | |

- 1 Stir the yogurt, almond butter, honey, and cinnamon together in a bowl.



- 2 Wash and cut your apple into slices.



- 3 Dip the apple into your protein dip and enjoy!



Did you know?

You need to eat protein because your body uses it to repair hurt muscles and to build new ones! In this recipe, the most protein is in the Greek yogurt and the almond butter. Other foods with lots of protein include meat, chickpeas, and eggs.