



the healthy chef

STRAWBERRY MOUSSE

By Teresa Cutter - "The Healthy Chef"[®]



150g frozen strawberries
125 g natural yoghurt
200g cottage cheese
2 scoops Bsc protein powder

Combine and blend in a food processor then eat + Enjoy!
Add a little agave or honey + vanilla to taste.

High protein
Gluten free
Low GI
Delicious!

More of Teresa's recipe's can be found at:
www.thehealthychef.com.au / www.teresacutter.com



Learn more about Hydroxy Burn Pro at:
WWW.BODYSOURCE.COM.AU