



CP'S PROTEIN STRAWBERRY SHORTCAKE CUPS



MAKES:
6 SERVINGS

SERVING SIZE:
1 cup (5 oz / 140g)

CALORIES PER SERVING 211kcal

P 13g

C 9g
NET CARBS: 5g

F 13g

PREP AND COOK TIME:



PREP TIME
10 MINUTES



COOK TIME
12 MINUTES



TOTAL TIME
22 MINUTES

EQUIPMENT NEEDED:



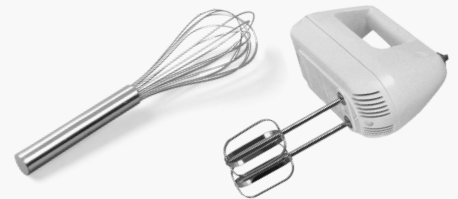
Muffin tin or ramekins



Mixing bowls



Oven



Hand mixer or whisk

INGREDIENTS:

For the shortcake base:



1 cup (96g)
almond flour



1 tbsp (28g)
melted butter



1 large
(50g) egg



2 tbsp (15g)
sugar-free syrup



1 tsp (2g) baking
powder



Pinch of salt



For the filling/topping:

CHRIS POWELL



1 cup (227g) plain nonfat Greek yogurt



1/2 cup cool whip



1 scoop (30g) vanilla whey protein powder



1 tsp (5ml) vanilla extract



3/4 cup (110g) chopped fresh strawberries

INSTRUCTIONS:

1 Preheat oven to 350°F (175°C). Lightly grease a muffin tin or line with silicone cups.



2 Make shortcake base: In a bowl, mix almond flour, baking powder, and salt. In another bowl, whisk egg, melted butter, and sugar-free syrup. Combine wet and dry ingredients and mix until a dough forms.



3 Bake: Divide mixture evenly into 6 muffin slots and bake for 12 minutes, until golden. Let cool.



4 Make whipped yogurt topping: In a bowl, mix Greek yogurt, cool whip, vanilla protein powder, and vanilla extract. Whip until fluffy (2–3 minutes with a hand mixer).



5 Assemble: Slice shortcakes in half, layer with whipped yogurt and fresh strawberries, and top with the second half. Or simply crumble shortcakes in cups and layer yogurt and berries parfait-style.

6 Serve immediately or chill — great for meal prep too!



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KEPT with Chris Powell™

COMPARISON TO TRADITIONAL STRAWBERRY SHORTCAKE:

Category	CP's Protein Strawberry Shortcake Cups	Traditional Strawberry Shortcake
Calories	211 kcal	420+ kcal
Protein	13g	5g
Carbs	9g	45g
Fat	13g	22g
Net Carbs	5g	
Cost per serving	\$1.45	\$3.00+

MAKES 6 SERVINGS
RECIPE TOTAL COST: \$8.70