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## FUN-SANS-FETTI CAKE BATTER DIP THM (FP OR E)

SERVES: 1-2

### INGREDIENTS

1 single-serve container Oikos Triple Zero Vanilla Nonfat Greek Yogurt

¼ cup Sheri Graham's Vanilla Cake Master Mix (see recipe below)

Berries and/or homemade granola as desired

### PREPARATION

In a cereal-size bowl, mix the Greek yogurt and Vanilla Cake Master Mix. Add berries and/or granola on the side.

For a snack, eat half the batch with or without berries. Put the remaining half in the fridge for a snack the next day. For a meal (Yes, you can eat this as a meal. I give you permission—food freedom, baby!), eat the entire batch with 1/2 cup of berries and about 1/4 cup of homemade granola.

On its own, with no berries, this recipe is FP. If you add more than 1 cup of berries (or more than ½ cup of blueberries), it will be an E. When adding granola, it is also an E. See my blog post at [flowerkraut.com/2019/10/01/fun-sans-fetti-cake-batter-dip/](https://flowerkraut.com/2019/10/01/fun-sans-fetti-cake-batter-dip/) for more discussion on the classification of this recipe.

### SHERI GRAHAM'S VANILLA CAKE MASTER MIX

- 1/2 cup oat fiber (NOT oat flour)
- 1/2 cup coconut flour
- 1/2 cup vanilla whey protein powder (I use Jay Robb Vanilla Whey Protein Isolate)
- 1/4 cup THM Super Sweet Blend
- 1/2 tsp sea salt
- 4 tsp baking powder
- 4 tsp glucomannan

Mix ingredients and store in an air-tight container. Give the container a good shake or two before using to remix ingredients.