

#TeamUpToHealUp
#ProCareMedicalCenter

Ideal Protein
Lemon
Protein Balls

INGREDIENTS

1 IP Vanilla Pudding Packet

1 IP Lemon Water Enhancer

2 Tbsp Water

DIRECTIONS

Combine the dry pudding mix and the lemon water enhancer. Add the water and blend into a soft workable mixture. Add a splash of water as needed to have a workable mixture that is more dry than wet. Form into balls and refrigerate to set.