

A collage featuring a muscular man eating a protein snack, surrounded by various protein snacks and the text "PROTEIN SNACKS" in large, textured letters. The man is shirtless, wearing a chain necklace, and has a tattoo that says "Your time is limited". He is holding a small, round, golden-brown snack in his mouth. The background is a collage of various protein snacks, including a large, round, golden-brown snack, a small, round, golden-brown snack, and a small, round, golden-brown snack. The text "PROTEIN SNACKS" is written in large, bold, textured letters at the top of the collage. At the bottom, there are several blue banners with the word "DANIES" and images of the man eating the snacks.





LOTUS PROTEIN SNACK

Ingredients:

Cornflakes – 60 g
Protein powder – 120 g
Lotus spread – 40 g
Lotus cookies – 40 g
Protein yogurt (vanilla flavor) – 2 containers



Prep time: 3 min

Preparation: Mix all ingredients in a bowl until smooth. Transfer to molds and place one Lotus cookie on top of each snack. Freeze for 18–24 hours, and it's ready!

Nutrition (per serving):

215 kcal
30 g protein
20 g carbs
5 g fat



PISTACHIO SNACK

Ingredients:

Rice crisps – 100 g
Protein powder – 120 g
Hot water – 50 mL
Roasted pistachios – 40 g
1 tbsp raw tahini

Topping:

White chocolate – 120 g
Pistachio paste – 20 g



Prep time: 3 min

Preparation: Mix all ingredients in a bowl, pour into a mold, add the topping, freeze for 18–24 hours, and it's ready!

Nutrition (per serving):

180 kcal

22 g protein

15 g carbs

7 g fat



BERRY & COCONUT SNACK

Ingredients:

Protein yogurt (berry flavor)

– 2 containers

Coconut flour – 40 g

Pretzels – 30 g

Rice crisps – 70 g

Melted dark chocolate – 40 g

Protein powder – 75 g

Crackers – 30 g



Prep time: 3 min

Preparation: Mix all ingredients in a bowl, pour into a mold, freeze for 18–24 hours, and it's ready!

Nutrition (per serving):

205 kcal

30 g protein

18 g carbs

6 g fat



BAMBA & WHITE CHOCOLATE SNACK

Ingredients:

Cornflakes – 100 g
Water – 70 mL
Protein blend – 120 g
Peanut butter – 100 g
1 large spoon of honey
Bamba (peanut snack) – 40 g
Melted white chocolate – 20 g



Prep time: 3 min

Preparation: Mix everything in a bowl, pour into a mold, freeze for 18–24 hours, and it's ready!

Nutrition (per serving):

220 kcal
20 g protein
20 g carbs
10 g fat



SALTY PRETZEL SNACK

Ingredients:

Pretzels – 100 g
Protein powder – 150 g
Pretzel spread – 40 g
White chocolate – 40 g



Prep time: 3 min

Preparation: Mix all ingredients in a bowl, pour into a mold, freeze for 18–24 hours, and it's ready!

Nutrition (per serving):

185 kcal
25 g protein
17 g carbs
7 g fat



BOUNTY SNACK

Ingredients:

Protein yogurt (coconut or vanilla flavor) – 2 containers

Shredded coconut – 40 g

Protein blend – 75 g

Melted dark chocolate – 40 g



Prep time: 3 min

Preparation: Mix all ingredients in a bowl, pour into a mold, freeze for 18–24 hours, and it's ready!

Nutrition (per serving):

200 kcal

24 g protein

20 g carbs

8 g fat



SNICKERS PROTEIN SNACK

Ingredients:

Protein powder – 150 g
Cornflakes – 60 g
Rice crisps – 40 g
Peanut butter – 100 g
Peanuts – 50 g
Water – 60 mL
1 tablespoon honey



Prep time: 3 min

Preparation: Mix the protein powder with hot water in a bowl. Then add the remaining ingredients and mix thoroughly. Pour into a mold and freeze for 18–24 hours, and it's ready!

Nutrition (per serving):

220 calories

25 g protein

25 g carb

14 g fat