

Berrylicious

6 oz vanilla yogurt (2 grams or less added sugar)

½ cup fresh or frozen berries

½ scoop vanilla or strawberry protein

½ tsp vanilla extract

Splenda® to taste

Place ingredients in blender and blend until smooth. Makes 1 serving.

Nutrition information per serving: 161 calories, 16 grams protein, 0 grams fat, 22 grams carbohydrate, 77 mg sodium.