

High Pro Yogurt

6 oz favorite flavored yogurt (2 grams or less added sugar)
½ scoop unflavored protein.

Place yogurt in bowl and stir in protein until blended. Makes 1 serving. Tip: Start with ¼ to ½ scoop protein and increase to 1 scoop as taste acclimates.

Nutrition information per serving (utilizing Any Whey unflavored protein): 125 calories, 14 grams protein, 0 grams fat, 15 grams carbohydrate, 90 mg sodium.