

Fuzzy Yogurt

1 scoop Fuzzy Navel Nectar™ (any fruit flavor works great)
8 oz yogurt, unflavored, low fat

Stir Nectar into yogurt, enjoy. Makes one serving.

Nutrition information per serving: 220 calories; 36 grams protein; 0 grams fat; 19 grams carbohydrate; 230 mg sodium.