



Greek Progurt

Ingredients

Reduced-fat (2%) Greek yogurt 1/2 cup
Whey protein powder 1 scoop
Fresh blueberries 1/2 cup
Walnut halves 1 oz.
Water as needed

Directions

1. Combine Greek yogurt and protein powder in bowl. Begin mixing, and add water as necessary until a pudding-like consistency is achieved.
2. Top with blueberries and walnuts.

Nutrition Facts

Serving size: 1 bowl
Recipe yields 1 serving

Calories 433

Fat 24 g

Carbs 24 g

Protein 41 g