



Jen's Cellucor Froyo Recipe

Ingredients

- 4 oz plain, non-fat Greek yogurt
- 1 scoop Cellucor COR whey protein (Strawberry Milkshake or Molten Chocolate)
- 3/4 cup ice
- 1 tbsp peanut butter

Directions

1. Put all ingredients into a blender.
2. Blend until mixture has consistency of sorbet or frozen yogurt.
3. If you want a more ice creamy texture, place in the freezer for an additional 10-20 minutes.
4. Enjoy!