



PEANUT BUTTER PROTEIN YOGURT

INGREDIENTS

1 Cup Plain Greek Yogurt

1/2 Scoop of PowerStrength Protein Powder (Chocolate or Vanilla)

1/4 Cup Peanut Butter Powder

1/3 Cup Frozen or Fresh Blueberries

DIRECTIONS

1. Add the plain greek yogurt (full fat yogurt is fine)
2. Add in PB fit powder (peanut butter powder) and half scoop vanilla protein powder
3. Be sure to sprinkle in some water or milk as needed because it will be thick!