

Protein-Packed Greek Yogurt Bowl

Ingredients

- 1 cup plain Greek yogurt (0% or 2% fat)
- 1 serving ESC protein powder

Directions

1. In a bowl, mix Greek yogurt with ESC protein powder until smooth and fully combined.
2. Add your preferred toppings right before eating.

Topping Ideas: (*Choose your favorites!*)

- High-fiber fruit: raspberries, blackberries, chopped pear, chopped apple
- Nut or seed butter: almond butter, peanut butter, sun butter
- Crushed nuts or seeds: pepitas, walnuts, almonds, pecans
- Granola or cereal
- Chopped muffin

Nutritional Facts	
Servings Per Batch	1
Serving Size	1
Amount per Serving	
Calories	200
Carbs	10g
Fat	2g
Protein	35g

*Nutritional Facts will vary depending on ingredients