

SNACK / HIGH PROTEIN



Blueberry Greek Yogurt Snack Cup

Cold low-fat Greek yogurt and blueberries make a fast, creamy snack for a busy morning or afternoon.

1 min

1 serving

Snack

high-protein

quick

sweet

207

Calories / serving

15g

Protein / serving

22g

Carbs / serving

7g

Fat / serving



Ingredients

- 1 cup low fat greek yogurt (240 g)
- 1/4 cup blueberries (36.25 g)

Method

- 1 Serve together.

RENEE'S NOTE

"Give the yogurt a quick stir before adding the berries so every bite stays creamy. Refrigerate within 2 hours, keep at 40°F (4°C) or below, and use refrigerated leftovers within 3 to 4 days."

RENEE'S TWEAK

Pack the blueberries separately if you're taking this to go, then spoon them over right before eating for the cleanest texture.