



Cherry-Vanilla Super Yogurt



Entire recipe: 268 calories, 6.5g total fat (0.5g sat. fat), 100mg sodium, 29g carbs, 5.5g fiber, 21g sugars, 26.5g protein

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Prep: 5 minutes



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Ingredients

One 5.3-oz. container (about 1/2 cup) fat-free plain Greek yogurt
2 tbsp. vanilla protein powder with about 100 calories per serving ([like the kind by Tera's Whey](#))
2 tbsp. unsweetened vanilla almond milk, light vanilla soymilk, or fat-free dairy milk
Dash cinnamon
1 1/2 tsp. chia seeds
3/4 cup unsweetened dark pitted sweet cherries (fresh or thawed from frozen and drained), chopped
1/4 oz. (about 1 tbsp.) sliced almonds

Directions

In a medium jar, combine yogurt, protein powder, milk, and cinnamon. Mix until smooth and uniform. Stir in chia seeds.

Top with cherries and almonds, or stir them in.

MAKES 1 SERVING

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