

CRUNCHY GREEK YOGURT PEOTIEN SNACK

Ingredients:

- 200g of plain fat free Greek yogurt
- 2 chocolate flavor rice cakes
- 15g of semi sweet chocolate chips
- crumble the rice cakes into the bowl, add the Greek yogurt and the chocolate chips



Macronutrient:

Protein: 23g

Carbohydrates: 42g

Fat: 7g



BE STRONG. BE HEALTHY.

BE ELITE.