Greek yogurt ranch dressing snack

SIMPLE RECIPE

Ingredients

Base

- 150g of plain fat free Greek yogurt
- 1 tbsp of dry seasoning ranch dressing
- your choice of carrots, cucumber or celery



Directions

- 1.Mix the yogurt and dressing well
- 2.Enjoy an amazing high crunchy protein snack

TEAM ELITE COACHING
BE STRONG, BE HEALTHY.
BE ELITE.

Enjoyed best when shared