



## Flexible Yogurt Snack

Prep **5 mins**; Total **5 mins**; Prepare, Enjoy, Clean **20 mins**

*Hands-down the recipe we share the most. It's deceptively simple and absolutely delicious. We've had a client fancy-it-up for a dinner party, serve it and, after getting rave reviews from his guests, tell them they were having yogurt! It's flexible in both the ingredients you use and your ability to manipulate the amounts so you can hit your calorie and macro targets. We've used various flavors of protein powder, chocolate chips, Reese's chips, Heath bits, butterscotch chips, caramel bits, granola, pecans, walnuts, coconut, the sky is the limit. We have numerous clients who have joined us in eating this on an almost daily basis. Chill it for a few minutes and it tastes like ice cream while secretly being a protein bomb. This one is by far the most popular of our recipes.*

**275 grams Fage® Total 0% Greek yogurt**  
**1 scoop whey protein powder (I love Legion® Cookies & Cream)**  
**1/2-serving PBFIT™ peanut butter powder**  
**1 serving (14 grams) Nestle® Toll House® semisweet morsels**  
**1 serving (12 grams) Kraft caramel bits**  
**7 grams chopped pecans**  
**10 grams Post® grape-nuts cereal**  
**Flavor God® Buttery Cinnamon Roll seasoning, to taste**

1. Weigh out the protein powder, PBFIT and grape-nuts in a bowl.
2. Add the Greek yogurt on top.
3. Weigh out the chocolate chips, caramel bits and pecans and toss them on top.
4. Mix it all together making sure you get the powdered ingredients distributed throughout the yogurt.
5. Sprinkle the Buttery Cinnamon Roll seasoning on top.

6. If desired, chill for a bit in the freezer.
7. Enjoy!

**Serves 1; Calories 494; Protein 56 g; Carbs 42 g; Fat 12 g**

*The amounts listed here make a man-sized snack and I usually call this my lunch. Eva eats a much smaller version and tweaks it to suit her taste and targets.*

*As mentioned, this is a truly flexible snack. You can change up ingredients as you see fit, try new combinations and adjust the amounts you're using in order to hit your targets.*

*I sometimes have to do without the pecans in order to hit my target for dietary fat but I'm quick to add them on a day where fat is low because they're delicious. I'll change the amount of protein powder I'm using based on the targets as well.*

*I call this a flexible snack because I use it to bridge the gap, target-wise, between my other meals by tweaking it in order to make the day's numbers work. Since most of these ingredients are weighed in grams it's easy to change them just slightly in order to make everything line up perfectly. For those that don't want to get it that close then simply use this as a guide but remember some form of measurement will be needed because, trust me, you can get out of hand quickly with chocolate chips, caramel bits and pecans!*

