

*Try The Biggest Loser Protein in ANY of our recipes

VANILLA YOGURT MIX

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INGREDIENTS

1 scoop TBL Vanilla Bean
8oz nonfat fruit yogurt
(optional) Chopped 2 Tbsp Chopped Almonds

DIRECTIONS

Blend for one minute on high speed

plain

14g

PROTEIN

170

CALORIES

1g

FAT

26g

CARBS

PER SERVING

with almonds

20g

PROTEIN

317

CALORIES

13g

FAT

30g

CARBS

PER SERVING

THE BIGGEST LOSER PROTEIN flavor in this recipe:
Vanilla Bean

