

## Berrylicious



6 oz vanilla yogurt (2 grams or less added sugar)  
½ cup fresh or frozen berries  
½ scoop vanilla or strawberry protein  
½ tsp vanilla extract  
Splenda® to taste

Place ingredients in blender and blend until smooth. Makes 1 serving.

Nutrition information per serving: 161 calories, 16 grams protein, 0 grams fat, 22 grams carbohydrate, 77 mg sodium.

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