Frozen Yogurt Treat

Thick like a milkshake. Light like a snack. Your ice cream alternative.

~290	~40g	30 sec
calories	protein	blend

INGREDIENTS

Frozen strawberries	1 cup
Plain Greek yogurt	½ cup
Vanilla protein powder	1 scoop
Fat-free milk	½ cup
Fat-free whipped topping (optional)	

METHOD

1. Drop everything in the blender.
2. Blend ~30 seconds. It'll be thick.

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