



## Yogurt & Blueberry Protein Bowl

1 serving

3 minutes

### Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/3 cup Frozen Blueberries
- 1 tsp Almond Butter (All natural without added sugar)
- 1/4 cup Collagen Powder
- 1 tsp Chia Seeds

### Nutrition

Amount per serving	
Calories	168
Fat	7g
Carbs	15g
Fiber	3g
Sugar	8g
Protein	13g
Cholesterol	17mg
Sodium	72mg
Potassium	84mg
Vitamin C	9mg
Calcium	298mg
Iron	1mg
Vitamin D	50IU
Folate	6µg
Vitamin B12	0µg
Magnesium	17mg
Zinc	0mg

### Directions

- 1 Mix all the ingredients in a bowl and stir up. Add milk to smooth the consistency as needed

### Notes

**Additional toppings:** Sprinkle cinnamon or chopped raw nuts to add more fat and protein.