

Vanilla Yogurt Apple Dip



Ingredients

For 1 serving

- 1 Tbsp Almond Butter
- 1 Scoop Vanilla Protein Powder
- 125g Plain 0% Greek Yogurt
- 1 Sliced Apple

Directions

1. In medium sized bowl, add yogurt, almond butter and protein powder and mix until smooth.
2. Wash then cut up apple into slices on small plate
3. Dip apples into yogurt dip and enjoy!

This snack is awesome for a post workout or bed snack!

