



# KETO YOGURT ENERGY SNACK

- 1 scoop Keto Creamer
- 1 Chobani Greek Yogurt
- 1 Teaspoon Chia Seeds
- 1 Teaspoon Flax Seeds
- 1/2 Teaspoon Organic Honey

Open Chobani Greek Yogurt and add all ingredients. Top with sugar-free chocolate chips, drizzle honey, sprinkle chia and flax seeds. Optional topping Coconut or Almond whipped cream or go nuts with almonds or peanuts.

