

Loaded Greek Yogurt

Prep Time: 5 Min **Total Time:** 5 Min
Serves 1

Ingredients

3/4 cup plain, greek yogurt, 0% m.f.

1 Tbsp Chia seeds

1 Tbsp Hemp hearts

4 drops Stevia, liquid

1 peach, chopped

Instructions

- 1 Put yogurt in dish.
- 2 Stir in stevia, chia seeds and hemp hearts.
- 3 Stir in chopped peaches.
- 4 (milk may be added for a thinner consistency)

Notes

This is a welcome addition to the breakfast menu after six weeks of egg whites.

It can be changed up so easily, and will get you a big dose of protein and calories to start the day.

Get creative with your stevia flavours... 2 drops of hazelnut cream and 2 drops of clear. Or 4 drops of french vanilla.

Try adding kiwi, blueberries, strawberries, nectarine, banana, pomegranate, etc.. or combinations of fruits.

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