



# Cookie Dough Delight Greek Yogurt

## Ingredients

- 3/4 cups Greek yogurt
- 2 scoops ESC whey protein powder
- 1 1/2 tbsp peanut butter creamy
- sweetener of choice to taste
- 1 tsp chocolate chips

## Directions

1. Add to a bowl Greek yogurt, protein powder, peanut butter and sweetener of choice to taste. Mix cookie dough yogurt, stirring in milk of choice to reach the desired consistency (the quantity of milk depends on the yogurt consistency and the protein powder used, if any). Fold in chocolate chips
2. Serve directly or keep refrigerated until eating.

Nutritional Facts	
Servings Per Batch	1
Serving Size	1 Bowl
Amount per Serving	
Calories	220
Carbs	9g
Fat	13g
Protein	22g

\*Nutritional Facts will vary depending on ingredients