

Cherry Yoghurt

Lusciously creamy!

INGREDIENTS

1 1/2 – 2 Scoops (19.8 – 26.4 g) Daily BioBasics

1/2 Scoop (60 cc Scoop) Triple Protein Shake Vanilla

1/4 Jar of Cherries + Some of the Juice

10 oz (300 g) Natural Yoghurt

DIRECTIONS

Mix well and enjoy!



Life Plus European Office