

APRICOT YOGURT SHAKE (PW)

PRELUDE

Apricots lend themselves to the creamy tartness of yogurt quite well. Combined into a shake, this makes a refreshing meal perfect for a hot summer day.

INGREDIENTS

10 dried apricot halves
 1 cup nonfat plain yogurt
 1 scoop vanilla whey protein
 1 cup ice
 Splenda, to taste

Prep Time – 5 minutes

Difficulty Level – Easy

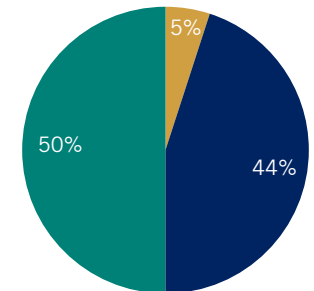
Servings – 1

INSTRUCTIONS

Combine everything in a blender and process on medium-high until smooth and creamy. More ice may be added for a thicker texture.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	330
Protein (g)	37
Carbohydrates (g)	42
fiber (g)	4
sugars (g)	38
Fat (g)	2
SFA (g)	1
MUFA (g)	1
PUFA (g)	0.1
Omega-3 (g)	0
Omega-6 (g)	0.04



■ Protein ■ Carbs ■ Fats