



BLUEBERRY BISCUIT BOWL

290 Calories

Ingredient List

- 3/4 cup non-fat Greek yogurt
- 1 tbsp vanilla protein powder
- 4 tbsp whipped cream or topping
- 1/2 frozen or canned biscuit
- 1/4 cup blueberries
- 1 tbsp lemon juice
- 1 1/2 tbsp zero-calorie granular sweetener

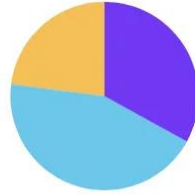
Cooking Instructions

1. Cook the biscuit in the oven according to package directions.
2. Mix the yogurt with the whipped cream and protein powder until smooth in a bowl.

3. Add the blueberries, lemon juice, and granular sweetener to a microwave-safe container. Microwave for 30 seconds then stir and microwave for another 30 seconds.
4. Spoon the blueberry mixture over the Greek yogurt.
5. Remove the biscuit from the oven and cut in half. Tear into pieces and sprinkle over top of the yogurt. Enjoy!

MACROS

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● Fat	7g
● Carbs	32g
● Protein	24g