

Hundreds of Yogurt Combinations

Portion / Measurement terms:

Any number between 1 - 20 means the amount (i.e. 10 - 15 grapes)

½ means half the amount... (i.e. ½ a teaspoon).

1 ser means 1 x serving.

Handful means a handful.

100% means 100% while 50/50 means half and half.

g = grams

Cup means approximately 1 cup or half a standard mug.

Tbsp. means tablespoon. & Tsp. means teaspoon.

Choose Only 1
Add 1st Option

Choose 1 - 2
Add 2nd & 3rd Options

Choose Only 1
Add 4th Option

Choose Only 1
Add Last Option

The Base Taste

The FRESH Taste

Protein time

The Final Touch

Bases:

Skyr 5 - 6 tbsp
Yogurt 5 - 6 tbsp

Berries & Similar:

Blackberries 10-15
Strawberries 10 medium sized
Raspberries 10-15
Blueberries 10-15
Cranberries 10-15
Grapes 10-15
Cherries 10

Lush Fruits:

Mango ½
Pineapple 1 cup
Banana 1
Peach 1
Oranges (or similar...) 1
Apple 1
Pear 1
Kiwi 1

Back to 'The BIG Taste':

Any +1 from 'The FRESH Taste'. 1

Powders:

Any Whey Protein Flavour 1 ser
Any Pea Protein Flavour 1 ser
Any Egg Protein Flavour 1 ser
Any Plant Protein Flavour 1 ser
Hemp Protein Powder 1 ser

'1 ser' = 1 tbsp*

Natural Protein:

Pumpkin seeds 4 tbsp
Cashew nuts 10
Almonds 10
Peanut butter 1 tbsp

Miss this option:

You can skip this option if you would prefer.

Extras:

Cinnamon powder 1/2 tsp
Chia Seeds 1
Hemp Seeds 1

Bar:

Protein Bar (slice thinly) 55g ¼

Miss this option:

You can skip the final touch if you would prefer.

With dairy products, go vegan when preferred.

With regards to protein powders, avoid using weight gainers.

With regards to the ¼ protein bar, slice the piece thinly into flakes or smaller pieces.

...Enjoy!