Protein-Packed Fruit Pudding

		Protein	-Packed Fruit Pudding
© 2021 Lorna Haalth	All Rights Reserved	Reproduction in W	hole or in part without



## **Ingredients**

- 1 cup (250 mL) plain yogurt
- 2 Tbsp (30 mL) freshly ground flax seeds
- 1/4 cup (60 mL) granola
- 1 Tbsp (15 mL) flaxseed oil or EFA-oil blend
- 1-2 scoops protein powder
- Fruit of your choice (bananas, strawberries, mango, blueberries, and papaya are excellent)

## **Instructions**

Mix all ingredients. Chill before serving, and enjoy.

Makes 1 serving.