Protein-Packed Fruit Pudding

		Protein	-Packed Fruit Pudding
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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.