



ALTERED ATHLETICS

CRUNCHY PROTEIN YOGURT BARK

Calories: 200

Protein: 20g | **Carbs:** 10g | **Fat:** 6g

Ingredients:

Non-fat Greek yogurt – 150g

Vanilla protein powder – 20g

Rice cakes (crumbled) – 10g

Sugar-free chocolate chips (Lily's) – 5g

Cinnamon – sprinkle

Directions:

Mix yogurt and protein powder.

Spread onto parchment paper.

Top with crushed rice cakes and chocolate chips. Freeze until solid, then break into pieces.