

Berry High-Protein Yogurt

4 servings

16 oz. plain yogurt
2 c. fresh or frozen unsweetened mixed berries
4 scoops (about 80 g) vanilla or strawberry whey-protein powder
2 packets Splenda or Stevia

Line a 2-cup mesh strainer with a paper coffee filter and place it over a mixing bowl. Fill the filter with the yogurt, cover with a clean cloth or waxed paper, and set the bowl (with strainer inside) in the refrigerator for several hours. Much of the liquid from the yogurt will drain into the bowl, resulting in thicker yogurt. In a blender, puree the berries along with the whey-protein powder and Splenda. Once the yogurt has drained, place it in a large bowl and stir in the berry puree.

Serve in 1-cup portions and store for up to 3 days. Makes 4 cups

Per cup: 198 calories, 23 g protein, 17 g carbohydrates (3 g fiber, 13 g sugar), 6 g fat (3 g saturated)