

BERRY BAKED YOGURT

Serves 4-5

INGREDIENTS

- 1 ½ cups plain Greek yogurt
- 4-5 eggs
- 2 scoops strawberry or vanilla protein powder
- 2 Tbls. chickpea flour
- 1 tsp. vanilla
- 1 cup frozen berries
- Topping ideas: nuts, more berries, whipped cream, granola



INSTRUCTIONS

1. Preheat oven to 350F and spray an 8x8" baking dish with oil.
2. Whisk together all ingredients except fruit in a large bowl. Pour into greased baking dish.
3. Sprinkle frozen fruit all over the top and bake for 35 minutes.
4. Cut into squares and serve with desired toppings.

NOTES

- Look for low sugar protein powders. We love Just Ingredients Strawberries and Cream for this particular recipe (and it makes it pink!) but any favorite flavor works great.
- If you cannot find chickpea flour, use almond flour as an alternative.