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Chocolate Shakeology Yogurt Treat



Sweet Treats! Who doesn't love a sweet treat every once in awhile! But seriously we don't want to sabotage our hard work either. So this morning a fellow coach posted this amazing recipe for Shakeology yogurt! I made it for my kids and they loved it! Seriously if you need something creamy and sweet like ice cream reach for this dessert and save yourself the calories!!! Plus it will keep you full because Greek yogurt is high in protein and the Shakeology gives you nutrition plus berries have lots of antioxidants and it's an all around good snack!

- 1 scoop chocolate Shakeology
- 1 cup plain Greek yogurt
- 2 cupped handfuls of berries such as strawberries, raspberries or blackberries

Mix all together and enjoy!

If you don't have [Shakeology](#) hit me up for a [single serving packet](#) or order your own month supply to help you lose weight, get proper nutrition and give you energy without caffeine! It's your multivitamin in a chocolate milkshake! YUMM