

FUEL UP

# Greek Yogurt Anytime

Thick and creamy, it contains twice as much protein as other yogurts, so you feel fuller longer. Many also contain probiotics, or healthy bacteria.

## TRY PLAIN

Flavor with fruit slices, a few drops of vanilla, and a sprinkle of cinnamon.

## BLEND

Add to your favorite smoothie recipe for a boost of protein and calcium.

## TOP

Start with vanilla Greek yogurt. Add banana slices and melted peanut butter. Yum!

