

SHAKEOLOGY YOGURT PUDDING^o



SERVES: 4 (½ cup each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 1



- 1** large avocado, peeled, pitted
- 1 tsp.** pure vanilla extract
- 1 scoop** Chocolate Shakeology
- 2 Tbsp.** pure maple syrup
- ¼ cup** reduced-fat (2%) plain Greek yogurt
- ½ cup** unsweetened almond milk
- ¼ cup** fresh orange juice (approx. 1 large orange)
- 1 Tbsp.** finely grated orange peel (orange zest) (approx. 1 large orange)
- 1 pinch** sea salt (or Himalayan salt)

- 1.** Place avocado, extract, Shakeology, maple syrup, yogurt, almond milk, orange juice, orange peel, and salt in blender; cover. Blend until smooth and creamy.

VARIATION:

Try it with your favorite Shakeology flavor!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 183 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 1 mg Sodium: 106 mg Carbohydrates: 19 g Fiber: 6 g Sugars: 11 g Protein: 7 g

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.