

Yogurt Protein Blast

By Brian Copeland, RKC

So you want it all huh? Well this recipe has it!

Protein, Fiber, Healthy Fat, Antioxidants, Active Cultures, Flavor and it is super easy!

Ingredients:

- Plain Yogurt
 - Not low-fat, not with added fruit or sugars or any of that junk. Organic if possible.
- Natural Peanut Butter
 - Natural, not Skippy or Peter Pan or any of that junk with chemicals and sugar added; plain natural peanut butter, ingredients equal 'peanuts and peanut oil.'
 - You can use any other nut butter such as almond butter.
- Protein Powder
 - Any high quality protein powder, whey protein will probably mix and taste better but who cares if you like it. I highly recommend XS Energy Protein Powder, which you can purchase from my [nutrition page](#).
- Frozen Mixed Berries
 - Personally I love blueberries, raspberries and black raspberries but any berries will do. Organic if possible.

Steps:

I won't give you exact amounts as taste varies but I'll give some guidelines.

1. Put 4 heaping teaspoons of yogurt in a bowl.
2. Put ¼ to ½ scoop of protein powder into the bowl and mix till smooth. (Don't use too much protein powder or it will get gummy and not taste as good).
3. Add a heaping teaspoon of the peanut butter to bowl and mix till smooth.
4. Add handful of frozen berries and stir in.
5. If it is hot eat the berries while frozen. If you want them thawed, they will thaw on their own in a few minutes.

Modify the ingredient amounts as desired; I only use ¼ scoop of protein powder for taste and texture reasons. You could try freezing it for a frozen yogurt treat.

There you have it, nothing special just a quick tasty nutrition treat.

To learn more or if you are ready to make real progress, contact me for some personal training program designs. If you feel guilty forking out a little dough, then consider that my services generally cost less than you spend eating out for lunch in a 2-week period. And now that you save money by eating out less you will have the extra dough ...er cash.

What do you have to loose except some unwanted body fat and a lot of bad lifting habits?

Brian Copeland is a Denver, Colorado based strength and conditioning coach, personal trainer and Certified Russian Kettlebell Instructor. Brian specializes in functional strength and athletic training, conditioning for martial artists, kettlebell lifting, fat loss and muscle gain. Brian has also rehabilitated several severe lower back injuries, including his own, through the use of “proper” strength and flexibility training.

Brian is available for private and group lessons and personal program design. If you are tired of not seeing results contact Brian, he will design a personalized program based on YOUR goals, YOUR time and YOUR lifestyle.

Visit me today at www.bccorefitness.com