



the healthy chef

# STRAWBERRY YOGHURT DELIGHT



By Teresa Cutter - "The Healthy Chef"®



The strawberries are packed with a whopping amount of antioxidants. Yoghurt is packed with calcium for strong bones, protein for repair + a strong immune system plus lactobacillus bacteria to help prevent against bowel cancer. Studies published in the international journal of obesity indicate that adding one or two serving of yoghurt to your daily diet can help you maximize fat loss and minimize loss of muscle – which is the optimum outcome for any diet. The protein powder will help repair muscle and suppress the appetite. Apples contain compounds that can help protect, heal and nourish the body.

## Serves 1

- 150 g frozen strawberries
- ½ cup (125 ml) apple juice
- 125 ml natural yoghurt
- 1 banana
- 2 scoop strawberry flavored Bsc protein powder

Combine all the ingredients in a blender and blend until smooth and creamy. Serve immediately + enjoy!

NB: add 1 tbsp flax seed oil for omega 3 boost.

More of Teresa's recipe's can be found at:  
[www.thehealthychef.com.au](http://www.thehealthychef.com.au) / [www.teresacutter.com](http://www.teresacutter.com)



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