Cherry choc chunk protein yoghurt

180g Greek yoghurt (use dairy free if preferred)

60g sweet pitted frozen cherries

25g vanilla or chocolate flavour whey or rice protein powder

1 heaped tsp cocoa powder

15g dark chocolate chips (minimum 80% cocoa)  
**for the toppings:**

a few fresh cherries

1 tsp dark chocolate chips

Serves 1

Per serving:

417 calories

39g protein

27g carbs

17g fat

Place the yoghurt in a bowl. Add the remaining ingredients, except for the toppings, and stir well until smooth.

Add the toppings and serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

