

LEAN BODY®



Protein Bar Granola

HOW TO MAKE IT

1. Soften up your Lean Body Bar by throwing it in the microwave for 10-15 seconds
2. Break up your bar and add it in with your Granola and Greek Yogurt
3. Mix everything together

INGREDIENTS

- 1 Lean Body Protein Bar (Your Choice Flavor)
- 1 Serving Healthy Granola
- 2.65 Ounces (75g) Your Choice Flavor Greek Yogurt



NUTRITION

Whole Recipe

Makes: 1 Recipe

Calories: 469

Fat: 13g

Saturated Fat: 4g

Sodium: 180mg

Carbs: 54g

Fiber: 18g

Sugar: 13g

Protein: 34g



TIPS

Switch up the flavor by using extracts or other powders/sweeteners!

Throw it in the fridge overnight for a cake-like morning texture!