

GLAM PRO POST WORKOUT ICE CUBES



INGREDIENTS:

- 2 scoops Glams Pro - flavor of choice
- ½ cup nonfat Greek yogurt (vanilla or plain)
- 1 cup berries or sliced fruit of choice
- 1 cup 100% coconut water

DIRECTIONS:

1. Add all ingredients to a blender and blend on high until smooth.
2. Pour mixture into two ice cube trays (16 cubes) and store in the freezer. (You can use popsicle molds as well)
3. Wait 6+ hours before serving.

Enjoy!

Makes 4 Servings | Serving Size: 4 Cubes
Calories: 86 | Protein: 11 g | Carb: 10 g | Fat: 0 g | Fiber: 2 g