

Published based on [How To Lose Fat With A Nourishing Yogurt Recipe To Get A Six Pack](#)

# **How To Lose Fat With A Nourishing Yogurt Recipe To Get A Six Pack**

Do you enjoy eating yogurt but you are looking for a powerful scrumptious snack that is low GI/GL and you know the standard yogurt has too many drawbacks? Do you want a snack that can help you [Lose Belly Fat](#). I have a few solutions to help you out which is able to fit into your lifestyle fitness program. I refer to them as power yogurts. The main snag with yogurt is they are loaded with sugar. The difficulty with the low sugar yogurts are they are loaded with artificial sweeteners.

There's a simple fix for this but it'll take you five minutes of prep time. These recipes are so flexible plus straightforward you can customise them to match your tastes. They are full of protein, fiber, and phytonutrients plus producing a very nutritional snack which would fit into any variety of diet plans. I'll start off with my favorite. This 1 is a Blueberry Power Supreme. Once you have the outline you can customise them to your own personal tastes

Here's the 5 ingredient that you will need to create four servings:

1. 32oz plain low fat or fat free yogurt
2. 6 TBS milled flax seed
3. 4 Scoops of plain or vanilla protein powder (I like a mix of whey plus casein)
4. 1 cup of frozen blueberries
5. ¼ cup crushed almonds, pecans, or walnuts

Now the straightforward part. Throw everything into 1 large mixing bowl and combine thoroughly.

The finish result is a whole snack that will keep you satisfied and your blood sugar stable for a few hours until your next meal. Here is the calorie breakdown for one serving.

Calories 316

Fat - 8g 24% of the calories

Carbohydrate 27g thirty-five% of the calories

Fiber 4.5g

Protein 32.5g forty-two% of the calories

You can mix this up several ways. If you're allergic to nuts or do not want them you can add a couple extra tablespoons of flax to the recipe. The flax is loaded with Omega 3's, lignans and other useful phytonutrients. The blueberries add some supplementary fiber plus antioxidant power. Use any fruit plus add up to two cups rather than 1 cup to add more carbohydrates. If you are looking to reduce the protein/carb ratio you can merely add only 2 scoops of protein powder instead of 4. The recipe is outstanding for people weight training if they are looking for something with muscle building power.

If you are a chocolate lover use your favorite chocolate whey powder and combine some raspberries in there. Add four tablespoons of cacao nibs rather than nuts for an extra antioxidant chocolate punch

Other fruits that work nice are any berry like strawberries or raspberries. I have used cut up banana in addition to apple to offer it texture and any mix as well. The fruit will give the plain yogurt all the flavour you need. This makes 4 servings but it can typically be divided into 6-8 smaller servings depending on your own dietary needs. Combine it up in a single container or buy many single serving containers to scoop it out for a quick pre-measured snack.

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