



BeBOLD YOGURT

INGREDIENTS

1 BeBOLD bar (Almond Butter or Peanut Butter)

Yogurt of your choice

Any additional toppings you want!

METHOD

Everything you would add to your yogurt is included in your BeBOLD bar! Up your protein and whole food consumption by crumbling one on your yogurt – morning, afternoon or night! Add berries or your favorite nut butter for a great tasting, filling and nutritious meal or snack!