

Eden's Strawberry Yogurt

Candida Friendly after day 15 of program

½ cup Trader Joe's Greek Style Yogurt

1 level scoop M'lis Strawberry Instant Meal (Amy, can you add a link to the web store here?)

Mix thoroughly. Add Eden's Yummy Granola for some great crunch!

A great way to give your "picky" kids all their vitamins. M'lis Instant meals have 100% nutrition, no sugar, no chemicals or fillers. It is gluten free and diabetic friendly. May mix with water or skim milk (we recommend unsweetened rice or almond milk) or blend with ice for a quick meal or snack.