



Energy per serving - 304kcal  
Carbs - 20g | Protein - 46g | Fat - 4g

# PRE-BED CHOCOLATE SKYR

FOR THOSE LOOKING TO MAINTAIN OR BUILD MUSCLE

225g Arla Skyr Natural

30g whey protein concentrate,  
chocolate flavour

15g luxury muesli

- 1** Add the whey protein and yoghurt to a bowl. Mix thoroughly until the whey has completely dissolved into the skyr.
- 2** Add the muesli and mix.
- 3** Enjoy!