



**REAL LIVING**

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# Plain Yogurt Flavor Upgrades

Yogurt can come with a slew of beneficial probiotics, but many varieties can also come loaded with added sugar, which feeds the bad bacteria in the gut. Customize plain yogurt with these flavorful AND nutritious add-ins.

## **PUMPKIN PECAN**

Pumpkin Puree  
Cinnamon  
Dash of Vanilla Extract & Real Maple Syrup  
Pecans

## **POMEGRANATE CRUNCH**

Pomegranate Arils  
Chia Seeds  
Crushed Pistachios

## **CACAO COMBO**

Cacao Nibs  
Walnuts  
Dust with Cocoa Powder

## **PEACH POWER PAIR**

Diced Peaches  
Minced Ginger  
Sliced Dried Cherries  
Sprinkle with Flaxseed