

# Yogurt Cendol

SERVING: 2

RECOMMENDED  
FOR

**BEAUTY  
GROUP**



## INGREDIENTS:

- 125 g low-fat yogurt
- 125g low-fat milk
- 4 tbsp cendol
- 4 tbsp red beans
- 4 tbsp diced cincau
- 4 tsp Gula Melaka syrup: Gula Melaka block to taste, Pandan leaves
- 1½ level scoops **NUTRILITE All Plant Protein Powder**



## PREPARATION METHOD:

- 1 Mix the low-fat yogurt, low-fat milk and **NUTRILITE All Plant Protein Powder**.
- 2 Leave mixture in fridge overnight.
- 3 Boil red beans in water until soft.
- 4 In a nice glass or cup, layer yogurt mixture, cendol, red beans and cincau.
- 5 Add shaved ice if required.
- 6 Drizzle with Gula Melaka syrup and serve.



Nutrition fact per serving				
Calories	Carbohydrate	Protein	Fat	Calcium
255.6 kcal	42.8 g	16.8 g	2.6 g	156.2 mg

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