

RECIPE

Greek Yogurt & Fruit



1 Serving

Calories: 2-250cals

Protein: 17g

Fat: 1g

Fiber: 3g

Natural sugar: 6g

Ingredients

- 1 cup Greek Yogurt
- 1 cup of fruit
- 1 tsp Honey

Instructions

1. Mix all ingredients

Tips

For more flavor you can add a couple drops of vanilla extract, and a pinch of pink salt