



Berry Greek Yogurt Dessert



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 3 palm-sized spoonfuls Greek Yogurt, Plain 0%
- 1 tbsp Sweet Freedom / Low Sugar Syrup
- 8 Almonds or Cashews
- A small handful Strawberries
- A small handful Blueberries
- A small handful Raspberries

DIRECTIONS

1. In a bowl, mix the Greek yogurt and syrup until thoroughly combined.
2. Add one-third of the yogurt mixture to a serving dish, then top with one-third each of the strawberries, blueberries, raspberries, and almonds or cashews.
3. Repeat the layers until all ingredients are used. Refrigerate until ready to eat.

NOTES

1. Try Sweet Freedom maple syrup, or a similar low-sugar syrup, as the sweetener here.

AVERAGE NUTRITION INFO

Energy : 1502 kJ / 359 Cal

Fat : 6 g

Carbs : 40 g

Protein : 37 g

Fibre : 5 g

Sugar : 32 g

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