



VANILLA HONEY YOGURT

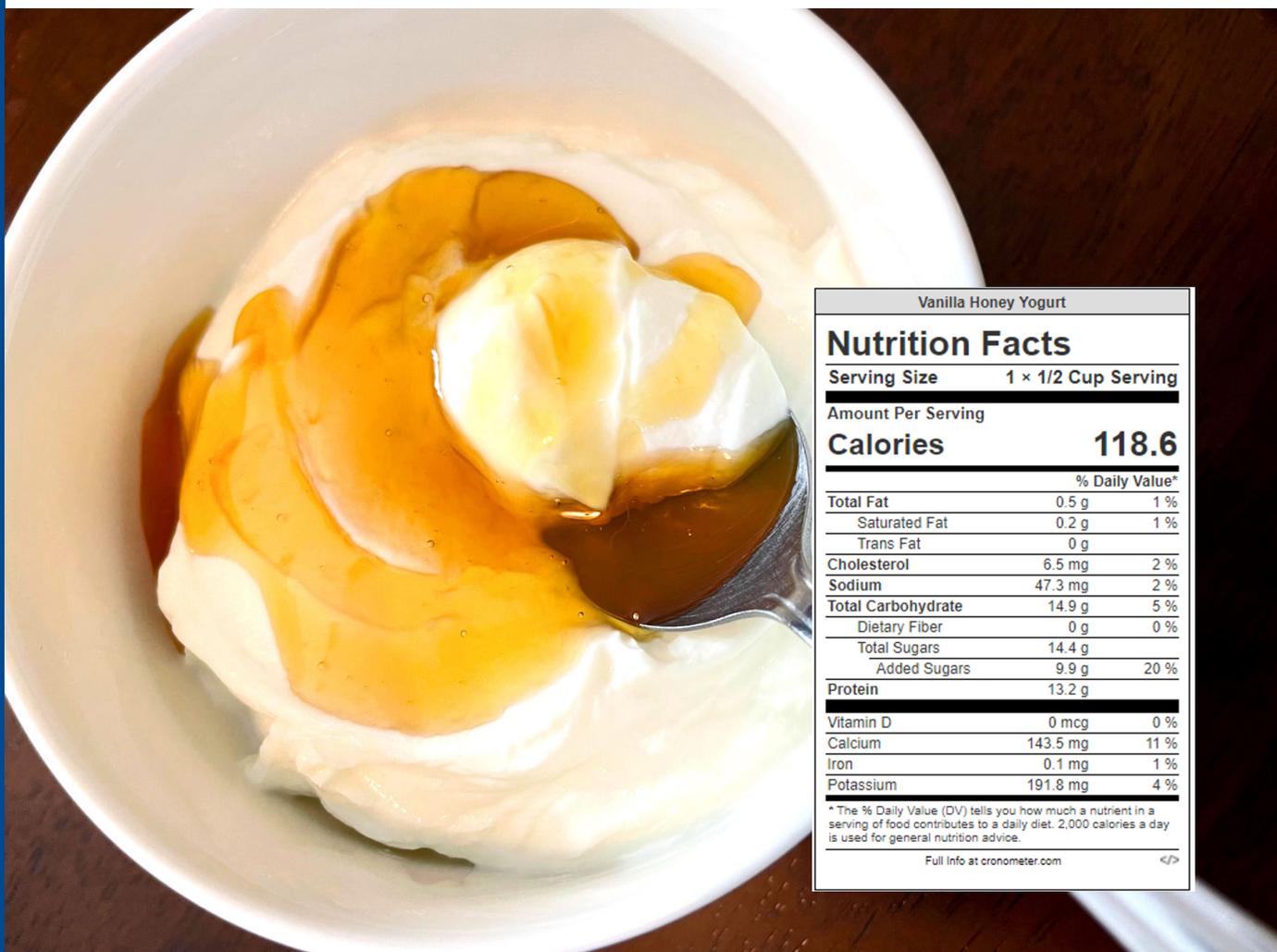
INGREDIENTS

- 1 32 oz. container plain nonfat Greek yogurt
- 1/4 cup honey
- 1 tbsp vanilla extract



DIRECTIONS

Mix together all ingredients until combined. Enjoy!



Vanilla Honey Yogurt

Nutrition Facts

Serving Size 1 × 1/2 Cup Serving

Amount Per Serving

Calories 118.6

% Daily Value*

Total Fat 0.5 g 1 %

Saturated Fat 0.2 g 1 %

Trans Fat 0 g

Cholesterol 6.5 mg 2 %

Sodium 47.3 mg 2 %

Total Carbohydrate 14.9 g 5 %

Dietary Fiber 0 g 0 %

Total Sugars 14.4 g

Added Sugars 9.9 g 20 %

Protein 13.2 g

Vitamin D 0 mcg 0 %

Calcium 143.5 mg 11 %

Iron 0.1 mg 1 %

Potassium 191.8 mg 4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.