



February 23- Cinnamon Roll Yogurt

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=326487>

Recipe

Ingredients:

½ cup fat-free plain yogurt

¼ teaspoon cinnamon

¼ teaspoon vanilla

½ Tablespoon honey

Directions:

1. Combine all ingredients in a bowl and stir until mixed.

Yield 1 serving

Nutrition Facts

Serving Size 1 serving (137.9g)
Servings Per Container 1

Amount Per Serving

Calories 130 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 80mg **3%**

Total Carbohydrate 27g **9%**

Dietary Fiber <1g **3%**

Sugars 23g

Protein 5g **10%**

Vitamin A 0% • Vitamin C 0%

Calcium 15% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.