



## January 7- Honey and Walnut Yogurt

Not Smart Snack Compliant

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=535773>

### Recipe

*Ingredients:*

- ½ cup non-fat plain Greek yogurt
- 1 teaspoon honey
- 1 Tablespoon chopped walnuts

*Directions:*

1. Combine yogurt and honey in bowl and stir until honey is mixed.
2. Add walnuts to yogurt.

Yield 1 serving

### Nutrition Facts

Serving Size 1 serving (133.82g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 190      **Calories from Fat** 80

**% Daily Value\***

**Total Fat** 9g      **14%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** <5mg      **1%**

**Sodium** 65mg      **3%**

**Total Carbohydrate** 12g      **4%**

Dietary Fiber 1g      **4%**

Sugars 9g

**Protein** 14g      **27%**

Vitamin A 0%      •      Vitamin C 0%

Calcium 15%      •      Iron 2%

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