



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.