



# Super Berry Bowl

4 Servings • 1 Serving =  $\frac{1}{2}$  Cup Berries and  $\frac{1}{2}$  Cup Yogurt

## INGREDIENTS

- 2 cups low-fat plain Greek yogurt
- 1 Tablespoon honey
- $\frac{1}{2}$  teaspoon vanilla extract
- 2 cups fresh berries such as strawberries, blueberries, blackberries, raspberries, or a combination
- $\frac{1}{3}$  cup dark chocolate shavings
- Ground cinnamon, to taste
- Optional:  $\frac{1}{4}$  cup shelled pistachios

## DIRECTIONS

1. Place the yogurt in a large bowl and whip with a fork or small whisk until light and fluffy. Stir in the honey and vanilla. Keep cold until ready to serve.
2. Toast the pistachios in a dry skillet over medium-high heat until golden, about 5-7 minutes. Stir throughout to avoid burning.
3. Remove the pistachios from the skillet, cool for 2 minutes, and then chop coarsely.
4. If using strawberries, slice into bite-sized pieces.
5. Separate fruit into four bowls. Place a dollop of the whipped yogurt on top and finish with a sprinkle of pistachios, chocolate, and cinnamon.

## Nutrition Facts

4 servings per container  
**Serving size**  $\frac{1}{2}$  Cup Berries  
and  $\frac{1}{2}$  Cup Yogurt

Amount per serving  
**Calories** **160**

% Daily Value\*

**Total Fat** 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 45mg 2%

**Total Carbohydrate** 20g 7%

Dietary Fiber 2g 7%

Total Sugars 13g

Includes 4g Added Sugars 8%

**Protein** 13g

Vitamin D 0mcg 0%

Calcium 141mg 10%

Iron 1mg 6%

Potassium 285mg 6%

\*The % Daily Value 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.

Developed by The Children's Hospital of San Antonio

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