

Super Berry Bowl – School Edition

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

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. If using strawberries, slice into bite-sized pieces.
3. Separate fruit into four bowls. Place a dollop of the yogurt on top and finish with a sprinkle of 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.

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