



Greek Yogurt Breakfast Bowl

1 Serving • 1 Serving = 1 Bowl

Adapted from *The Sonoma Diet*, by Connie Guttersen, RD, PhD

INGREDIENTS

- ½ cup nonfat plain Greek yogurt
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon vanilla extract
- 1 teaspoon honey
- ½ cup fresh fruit of choice
- 1 Tablespoon walnuts, chopped
- 1 Tablespoon toasted unsweetened coconut
- Optional: 1 Tablespoon chia seeds

DIRECTIONS

1. In a bowl, combine yogurt, cinnamon, vanilla, and honey. Stir well.
2. Top with fruit, walnuts, coconut, and chia seeds. Stir to combine.

Nutrition Facts

servings per container
Serving size (206g)

Amount per serving
Calories 210

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 6g Added Sugars	12%
Protein 13g	

Vitamin D 0mcg	0%
Calcium 138mg	10%
Iron 1mg	6%
Potassium 238mg	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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