Simple Peach Yogurt

Servings
1 serving

Ingredients
- 2 tablespoons sliced almonds
- 1 peach
- 1 cup Greek yogurt
- 1 tablespoons honey

Directions
1. Cut peach into bit sized pieces
2. Place Greek yogurt in a bowl and stir in the honey
3. Top yogurt with peaches and sprinkle almonds on top

Nutrient content per serving
- Calories- 360cals
- Carbs- 47g
- Protein- 19g
- Fat- 14g
- Sodium- 45mg
- Fiber- 5g