



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

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



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