

Apple-Berry Yogurt Bowl

Prep: 5 minutes

Ingredients:

1/2 cup fat-free vanilla Greek yogurt
3/4 cup raspberries
1/2 cup chopped Fuji apple (or another sweet apple)
1/4 oz. (about 1 tbsp.) chopped walnuts
1 tsp. mini semi-sweet chocolate chips



Directions:

Place yogurt in a medium bowl, and top with remaining ingredients.

MAKES 1 SERVING

Nutrition Information:

Whole Recipe:

245 Calories
7 g Fat
35 g Carbohydrate
8 g Protein

Recipe from:

<http://www.hungry-girl.com/weekly-recipes/show/healthy-superfood-breakfasts-pumpkin-flax-berry-yogurt>