

Ingredients:

2 cups plain 1% low fat or fat free yogurt
1/4 cup walnuts or other nuts, chopped*
4 teaspoons honey*

Honey Nut Yogurt
Image not found or type unknown

*Do not give nuts to children under three years old due to risk of choking. Do not give honey to infants under one year of age due to risk of botulism.

Directions:

1. Wash hands with soap and warm water.
2. Toast walnuts or other nuts in a small pan over medium heat until lightly browned.
3. Place ½ cup yogurt in a bowl. Put 1 tablespoon of nuts and 1 tablespoon of honey on top of the yogurt

Nutrition Facts (Per Serving)

calories, 137; carbohydrate, 16 g; protein, 8 g; total fat 5 g; saturated fat, 0 g; cholesterol, 3 mg; fiber, 1 g; total sugars, 14 g; sodium, 114 mg; calcium, 207 mg; folate, 7 mcg; iron, 0 mg; percent calories from fat, 33%.

Makes 4 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

<https://www.azhealthzone.org/recipes>