



## Berries with Greek Yogurt and Honey

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Serves 6

### Ingredients:

1 ½ cups fresh berries  
3 cups lot fat Greek yogurt  
1 tablespoon Honey

2 tablespoons unsalted roasted  
pistachios, roughly chopped

**Directions:** Serve ½ cup of yogurt. Top with berries, drizzle with the honey, sprinkle with the pistachios. Serve and enjoy!



### Nutrition Information

Serving size: ¾ cup  
(½ cup yogurt and ¼  
cup fruit) Calories 100;  
Fat 0; Protein 4g; Sodium  
60mg; Fiber 1g;  
Carbohydrate 20g



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