



## VANILLA YOGURT

**SERVES: 4** (approx. 1/4 cup + 2 Tbsp. each) Prep Time: 5 min.


CONTAINER EQUIVALENTS (per serving):  1/2

**1 1/2 cups** reduced-fat (2%) plain  
Greek yogurt  
**2 Tbsp.** raw honey\*  
**1/2 tsp.** pure vanilla extract  
**1 pinch** sea salt (or Himalayan salt)

1. Combine yogurt, honey, extract, and salt in a medium bowl; mix well. Refrigerate until needed.

**NUTRITIONAL INFORMATION** (per serving): Calories: 96 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 4 mg Sodium: 64 mg Carbohydrates: 12 g Fiber: 0 g Sugars: 11 g Protein: 9 g

\*Do not feed honey to children younger than one year.

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.