

# Yoghurt & Nuts

Ingredients	
Mixed nuts & seeds, with peanut	1 tablespoon (20mL)
High protein yoghurt, flavoured (Chobani FIT or YoPro)	1 single serve tub (160-170g)



Makes 1 Serves (177g per serve)

## Meal Time

Snack, Dessert

## Description

This is such a simple snack idea that adds a great nutrition boost full of fibre and powerful antioxidants like vitamin E. The texture and taste are a great combo!

## Methods

1. Choose any flavoured yoghurt from the Chobani FIT or YoPro range. They're all similar in nutrition profile so any will do.
2. Sprinkle any mixture of nuts, ideally raw and unroasted. They are all good, however almonds and walnuts provide the greatest health benefits.

## Meal Tags

Pescatarian Friendly, Vegetarian Friendly, Halal Friendly, Mediterranean or Anti-Inflammatory, Simple

## Nutrition Tags

Low Sodium, Low GI, Soy Free, Low Carb, Gluten Free, Low Lactose, Low FODMAP, Egg Free, Seafood Free, Wheat Free, High Protein

Analysis Summary		
	Quantity per Serving	Quantity per 100g
Weight (g)	177g	100.00g
Energy (kJ)	700kJ	395kJ
Protein (g)	17g	10g
Fat (g)	7g	4g
Carbohydrate (g)	8g	5g
Sugar (g)	6g	3g
Fibre (g)	1g	1g
Sodium (mg)	62mg	35mg