

**CASHEW MAPLE YOGHURT**

This yogurt breakfast bowl is a complete meal offering protein, carbohydrates and healthy fats so you'll feel fuller longer. The touch of maple syrup offers natural sweetness to the tart Greek yogurt.

 1 portion**INGREDIENTS**

- 3/4 cup of multigrain cereals, ready-to-eat, (34 g)
- 8 cashews , chopped, without salt added
- 170 grams of yogurt, Greek, plain, lowfat
- 1.5 tbsps of syrups, maple (30 g)

**COOKING METHOD**

- 1° Mix together multigrain cereal, cashews and plain low-fat Greek yogurt. Drizzle with maple syrup and enjoy! To make this recipe gluten-free, swap out regular cereal for a gluten-free cereal of your choice

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (244 g)	% DRI
ENERGY	159 kcal	387 kcal	19 %
FAT	4 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	7 mg	17 mg	6 %
SODIUM	77 mg	188 mg	8 %
CARBOHYDRATE	23 g	55 g	18 %
SUGARS	12 g	30 g	—
FIBER	2 g	4 g	15 %
PROTEIN	9 g	23 g	—