

# CINNAMON PEANUT YOGURT



## INGREDIENTS:

2 tbsp peanuts, chopped (18g)  
1/2 cup plain nonfat Greek yogurt-  
dairy or non dairy (143g)  
1/2 tsp cinnamon (2g)

## DIRECTIONS:

*Calories: 237 / Protein: 28 g / Carbs: 11 g / Fat: 10 g*