

**YOGURT SNACK BLUEBERRY**

0% fat yogurt with super food and fruits

 5 minutes 5 minutes 1 portion**INGREDIENTS**

- 125 grams of yogurt, Greek, plain, nonfat
- 5 grams of seeds, chia, dried
- 100 grams of blueberry, raw

COOKING METHOD

- 1° Mix all ingredients together. I usually do it the day before, gives time to the blueberry to defrost and the chia get hydrated during the night.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (230 g)	% DRI
ENERGY	67 kcal	154 kcal	8 %
FAT	1 g	2 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	3 mg	6 mg	2 %
SODIUM	20 mg	47 mg	2 %
CARBOHYDRATE	7 g	15 g	5 %
SUGARS	6 g	14 g	—
FIBER	2 g	4 g	16 %
PROTEIN	6 g	14 g	—