

## YOGURT WITH GRANOLA AND STRAWBERRIES

You can choose your favorite flavor of granola. You can add other fresh fruits that you find most easily, depending on the time of year. If you like your yogurt sweeter, you can add a little more honey or maple syrup.

 1 porción

### INGREDIENTES

- 1 pot of plain, skimmed yogurt [125g]
- 5 tablespoons of regular granola [35g]
- 1/2 cup strawberries [111g]
- A teaspoon of honey [7g]

### MÉTODO DE PREPARACIÓN

- 1º Combine the plain yogurt, granola, and honey in a bowl. Rinse the strawberries and cut them into slices. Serve the yogurt topped with the fresh strawberries.

### INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN [278 g]	% DDR
ENERGÍA	98 kcal	271 kcal	14 %
GRASA	3 g	7 g	11 %
GRASAS SATURADAS	0 g	0 g	1 %
COLESTEROL	0 mg	1 mg	0 %
SODIO	37 mg	102 mg	4 %
H. CARBONO	16 g	45 g	15 %
AZÚCARES	6 g	17 g	—
FIBRA ALIMENTARIA	1 g	4 g	17 %
PROTEÍNA	3 g	10 g	—