Berries and Nondairy Plain Yogurt

Source: Vegan Kickstart

Boost your brain health with berry-topped unsweetened almond yogurt or another nondairy yogurt. Nutrient information varies based on quantity eaten.

About the Recipe

71 Calories · 1.0 g Protein · 3.1 g Fiber
Snack

Be sure to choose yogurts made from soy or coconut for nut-free option.

Ingredients

Makes 2 Servings

- 1 c (144 g) blackberries or other berries
- 2/3 c (163 g) unsweetened soy yogurt or preferred nondairy yogurt

Directions

Nutrition Facts

Calories: 71

Fat: 1.3 g

Saturated Fat: 0.09 g

Calories From Fat: 16.2%

Cholesterol: 0 mg

Protein: 1.0 g

Carbohydrate: 15.3 g

Sugar: 7 g

Fiber: 3.1 g

Sodium: 22 mg

Calcium: 87 mg

Iron: 0.3 mg

Vitamin C: 7.5 mg

Beta-Carotene: 46 mcg

Vitamin E: 1.1 mcg