

# Chocolate Chip Cookie Yogurt

## Ingredients:

- 1 cup Plain Greek Yogurt
- 1 T Almond Butter \*
- 1 t Honey
- 1/2 t Vanilla Extract
- 1 t Cinnamon
- 1 pkt Stevia
- 2 T Oats
- 2 T Mini Chocolate Chips



Directions: Mix all ingredients together and let sit in refrigerator for at least 10 minutes. Eat plain or use as a dip for fruit or vegetables.

\*Notes: This recipe is very versatile. You can substitute peanut butter for the almond butter, mix in additional extracts (ie. Butter, almond, coconut, etc), spices (nutmeg, cloves, etc) or toppings (pecans, coconut, raisins etc)



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**Nutrition Information per serving  
(1/2 recipe):**

**Calories: 190**

**Fat: 8 grams**

**Protein: 13 grams**

**Carbohydrates: 19 grams**

**Sugars: 13.3 grams**

**Fiber: 1.5 grams**

**Sodium: 54 mg**

**Cookie Dough (1/2 c)**

**Calories: 250**

**Fat: 11 grams**

**Protein: 4 grams**

**Carbs: 26 grams**

**Sugars: 21 grams**

**Fiber: 0 grams**

**Sodium: 120 mg**

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