



Healthdor

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## Chocolate Base Yogurt ♦♦

A creamy and indulgent yogurt made with a rich chocolate base. Perfect for chocolate lovers!

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

500 g	Greek yogurt
30 g	cocoa powder
50 g	honey
1 tsp	vanilla extract
50 g	chocolate chips

## Directions

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### Step 1

#### Mixing

In a bowl, mix the Greek yogurt, cocoa powder, honey, and vanilla extract until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Fold in the chocolate chips.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 3

Divide the yogurt mixture into serving bowls.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 125 kcal

**Fat:** 4 g

**Protein:** 9 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	4 g	14.29%	16%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	30 mg	1.3%	1.3%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas

Easter

Valentine's Day

Back to School

Picnic

### Course

Desserts

Sauces & Dressings

### Cultural

Chinese New Year

### Cost

Under \$10

### Diet

Paleo Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Gluten-Free Diet

The Fast Metabolism Diet

The Gerson Therapy

The Beverly Hills Diet

The Hollywood Diet

The Grapefruit Diet

The French Women Don't Get Fat Diet

The Air Diet

The Breatharian Diet

The Ice Cream Diet

The Subway Diet

The CICO (Calories In, Calories Out) Diet

The Peanut Butter Diet

The Bulletproof Diet

The Carnivore Diet

The Dukan Diet

The GOLO Diet

The Specific Carbohydrate Diet (SCD)    The Crohn's Disease Diet

The PCOS (Polycystic Ovary Syndrome) Diet    The Histamine Intolerance Diet

The Low Oxalate Diet    The Diabetes Diet    The Hypothyroidism Diet

The Fibromyalgia Diet    The Osteoporosis Diet

The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet    The High-Protein Diet

The Low-Protein Diet    The High-Calcium Diet    The High-Potassium Diet

The High-Iron Diet    The Low-Iron Diet    The High-Vitamin C Diet

The Low-Vitamin K Diet    The Low-Copper Diet    The Acne Diet

The Migraine Diet    The Celiac Disease Diet    The Gallbladder Diet

The Adrenal Fatigue Diet    The Endometriosis Diet    The Hashimoto's Disease Diet

The Lyme Disease Diet    The Restless Leg Syndrome Diet    The Tinnitus Diet

The Menopause Diet    The Post-Pregnancy Diet    The Fertility Diet

The Breastfeeding Diet    The Low-Nickel Diet    The Chronic Urticaria Diet

The Dysphagia Diet    The Chronic Kidney Disease (CKD) Diet

The Raynaud's Disease Diet    The Fructose Malabsorption Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet    The Graves' Disease Diet

The Addison's Disease Diet    The Cushing's Syndrome Diet

The Ankylosing Spondylitis Diet    The Lupus Diet    The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet    The Asthma Diet

The Sinusitis Diet    The Bronchiectasis Diet    The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)    The Autism Diet

The Bipolar Disorder Diet    The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet    Blood Type O Diet

Blood Type A Diet    Blood Type B Diet    Blood Type AB Diet

### Cooking Method

Grilling

Baking

Steaming

Microwaving

Sautéing

Blending

Drying

Infusing

Pressing

Carbonating

Whipping

Stirring

Cutting

Cut

Serving

### Meal Type

Brunch

Lunch

Dinner

Snack

Supper

### Difficulty Level

Medium

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