



Healthdor

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## Yogurt with Toasted Coconut ♦♦

Yogurt with Toasted Coconut is a delicious and healthy breakfast or snack option. It combines creamy yogurt with crunchy toasted coconut for a satisfying and flavorful treat. This recipe is vegetarian-friendly.

**Recipe Type:** Vegetarian

**Prep Time:** 5 mins

**Cook Time:** 5 mins

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

200 g	Yogurt
20 g	Toasted Coconut

### Directions

## Step 1

Scoop the yogurt into a bowl.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Sprinkle the toasted coconut on top of the yogurt.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

**Stirring**

Mix the yogurt and toasted coconut together.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 10 g

**Protein: 5 g**

**Carbohydrates: 10 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	8 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	0 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	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%

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

## Recipe Attributes

### Seasonality

Spring Summer

### Meal Type

Breakfast

### Kitchen Tools

Slow Cooker

### Course

Side Dishes Drinks Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year Easter

### Cost

Under \$10

### Demographics

Kids Friendly Teen Friendly

### Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

## Difficulty Level

Medium

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