



Healthdor

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## Quick Mint Yogurt

A refreshing and easy-to-make yogurt recipe with a hint of mint flavor. This yogurt can be enjoyed as a snack or as a side dish with your favorite meal.

**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	Yogurt
10 g	Fresh Mint Leaves
30 g	honey

### Directions

## Step 1

### Mixing

In a mixing bowl, combine the yogurt and honey.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Cutting

Chop the fresh mint leaves and add them to the yogurt mixture.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

### Stirring

Stir well to evenly distribute the mint flavor.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

### Refrigerating

Refrigerate for at least 1 hour before serving.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 60 kcal

**Fat:** 0 g

**Protein:** 2 g

**Carbohydrates:** 13 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
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	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
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	40 mg	1.74%	1.74%
Calcium	8 mg	0.8%	0.8%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Game Day

### Course

Salads Snacks

### Cultural

Chinese New Year Thanksgiving

### Cost

Under \$10

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Volumetrics Diet

The Whole30 Diet

Vegetarian Diet

Vegan Diet

### Meal Type

Snack

Supper

### Difficulty Level

Easy

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