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## Yogurt with Matcha & Toasted Coconut

Yogurt with Matcha & Toasted Coconut is a delicious and healthy breakfast or snack option. It combines the creaminess of yogurt with the earthy flavor of matcha and the nutty crunch of toasted coconut. This recipe is vegetarian-friendly.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

200 g	Yogurt
2 tsp	matcha powder
20 g	toasted coconut flakes

## Directions

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### Step 1

#### Mixing

In a bowl, mix the yogurt and matcha powder until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Divide the matcha yogurt into serving bowls.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 3

#### Sprinkling

Sprinkle toasted coconut flakes on top of the yogurt.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 5 g

**Protein:** 8 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	15 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	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
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	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Low Sodium Sugar-Free  
High Vitamin C High Calcium

### Course

Drinks Salads Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo

### Difficulty Level

Medium

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