



Healthdor

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## Protein-boosted Yogurt ♦

Protein-boosted Yogurt is a delicious and healthy recipe that combines the goodness of yogurt with added protein. It is a great option for those looking to increase their protein intake while enjoying a tasty and nutritious treat. This recipe can be enjoyed as a snack or as part of a balanced breakfast or lunch.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

400 g	Greek yogurt
40 g	protein powder
20 g	Honey
80 g	fresh berries
20 g	almonds

## Directions

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### Step 1

#### Mixing

In a bowl, combine Greek yogurt and protein powder. Mix well until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Stirring

Drizzle honey over the yogurt mixture. Stir to incorporate.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Top with fresh berries and almonds.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 7 g

**Protein:** 30 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Sugars	12 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Fat	7 g	25%	28%
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## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin D	3 mcg	20%	20%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Calcium	300 mg	30%	30%
Iron	2 mg	25%	11.11%

## Recipe Attributes

### Events

Christmas

Thanksgiving

### Meal Type

Breakfast

Brunch

Lunch

Snack

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Blender

## Course

Appetizers

Salads

Snacks

Sauces & Dressings

## Demographics

Pregnancy Safe

## Diet

Mediterranean Diet

## Difficulty Level

Easy

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