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## Protein-boosted Honey Yogurt

Protein-boosted Honey Yogurt is a delicious and nutritious recipe that combines the goodness of yogurt with the sweetness of honey. It is a perfect breakfast or snack option for anyone looking to add more protein to their diet.

**Recipe Type:** Standard

**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	Greek yogurt
20 g	Honey
20 g	protein powder

### Directions

## Step 1

### Mixing

In a bowl, mix Greek yogurt and protein powder until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Stirring

Drizzle honey over the yogurt mixture and stir gently to incorporate.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

### Plating

Divide the yogurt mixture into serving bowls and garnish with additional honey if desired.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 0 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%
Fibers	0 g	0%	0%
Sugars	20 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	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	20 mg	2%	2%
Iron	0 mg	0%	0%

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

### Meal Type

Breakfast

Snack

Brunch

Supper

### Nutritional Content

Low Fat

### Course

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Halloween

### Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Low Sodium Diet

### Difficulty Level

Easy

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