

**WHY  
ACT  
NOW**

## BERRY NUT POW



### Ingredients

- 1 container (170g) plain, non-fat Greek yogurt
- 1/4 cup blackberries
- 1/4 cup raspberries
- 2 tablespoons raw almonds

### Directions

Place yogurt in a container or bowl, top with fruit and nuts. Try other fruits and nuts for different combinations! *Makes 1 serving.*

### **Nutrition Facts**

Serving Size 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 235	Calories from Fat 95
<b>% Daily Values*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Sodium</b> 62mg	<b>3%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 9g	
<b>Protein</b> 22g	<b>44%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

**Almonds are heart and brain healthy nuts! They contain monounsaturated fats, vitamin E and fiber!**