



# High-Protein Yogurt with Berries and Almonds

Prep Time 5 mins  
Total Time 0 mins  
Meal Type Breakfast,Lunch,Snack,Side  
Contributed By



Source Living Plate Teaching Kitchen

Servings 2



## Ingredients

lb,c g,ml

- 2 cups Greek yogurt, 2%
- 2 scoops Vital Proteins Collagen Peptides
- blueberries
- 1 cups strawberries, *chopped*
- 2 Tbs almonds, siced

## Directions

### Prep

1. Mix yogurt and collagen peptides.
2. Toss berries together in a bowl.

### Make

1. Add yogurt mixture to container and top with berries and almonds

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>264</b>	<b>Total Fat</b> 7.0g	10%	<b>Total Carbohydrates</b> 23g	7%
		Saturated Fat 2.5g	12%	Dietary Fiber 3g	13%
		Trans Fat 0.0g		Total Sugars 16g	
		Cholesterol 20mg	6%	<b>Protein</b> 29g	
		Sodium 57mg	2%		
Vitamin D 0mcg 0% · Calcium 218mg 21% · Iron 1mg 3% · Potassium 444mg 9%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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