

NUTRITIONAL VALUE OF YOGURT

Yogurt is a fermented dairy product rich in **protein**, **calcium**, and **probiotics**, making it a versatile food for digestive and bone health.

Key Nutrients

Protein — Supports muscle repair and keeps you full.

Greek yogurt: 15–20g per cup

Regular yogurt: 8–12g per cup

Calcium — Essential for bones, teeth, and nerve function. 30–40% of daily value per cup

Probiotics — Live cultures that support gut health, immunity, and digestion.

Vitamin B12 — Helps with red blood cell formation and brain function.

Riboflavin — Supports energy metabolism.

Potassium — Helps regulate blood pressure.

Health Benefits

Digestive support from probiotics

Bone strength from calcium and vitamin D (if fortified)

Satiety and weight management due to high protein

Immune support through beneficial bacteria

Things to Watch

Added sugars in flavored varieties

Lower protein in some plant-based options

Fat content varies (whole, low-fat, nonfat)

Granola Ingredients

1 tablespoon coconut oil

2 tablespoons honey

1 tablespoon vanilla extract

1 cup dry oats

2/3 cup of fruit and nut mix

Granola Directions

preheat oven to 400°F degrees

place coconut oil in a microwave safe bowl and heat in 15 second intervals until the coconut is completely melted.

After removing the melted coconut oil from the microwave, add in the honey and vanilla extract and stir in the oats.

Spread the granola mixture out evenly on a parchment paper lined cooking tray.

After baking the granola mixture for 15 minutes, stir the granola mixture to help it cook evenly. Bake for another 5 minutes or until golden colored.

Remove from oven and let cool.

Once cool transfer to a bowl and mix with the fruit and nut mix until well combined.

Store the granola in an air tight container.

Fruit topping Ingredients

1 cup fruit of choice, fresh or frozen

1/2 – 1 tablespoon sugar (optional)

Fruit topping Directions

Add the cut up fresh or frozen fruit into a sauce pan, and simmer on low-medium heat until soft, stirring constantly until soft.

Add up to a 1 tablespoon of sugar for more tart fruits, mix well then let cool.

