 **Nut & Berries Yogurt Cup**

*Serves 1*

**Ingredients**

¾ cup plain greek yogurt

½ cup berries

2 tbsp nut butter

Cinnamon (optional)

**Directions**

1. Spoon yogurt into a bowl. Mix in 2 tbsp peanut butter. Top wtih ½ cup berries. Sprinkle with cinnamon if desired.

**Nutrition**

300 cals, 19g C, 25g P, 16g F