

Cinnamon Peach Yogurt Bowl



Peach: Peaches are low in calories and contain no saturated fats. Fresh peaches are a moderate source of antioxidants and vitamin C. Consumption of foods rich in vitamin C helps a person develop resistance against infections and helps to eliminate harmful free radicals that cause certain cancers.

Yogurt: Yogurts contain probiotic bacteria that may improve digestive health. Consumption of probiotic yogurt may improve gut health, reduce your risk of osteoporosis, and combat high blood pressure.

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Serving: 1

Prep Time: 5 mins

Ingredients:

- 1 cup unsweetened plain or vanilla yogurt (dairy or non-dairy)
- ½ medium yellow peach, chopped
- 1 tsp ground cinnamon
- ¼ cup bran cereal for topping
- ½ Tbsp unsweetened natural peanut butter

Instructions:

1. Add unsweetened plain or vanilla yogurt (dairy or non-dairy option) to a bowl.
2. Add ground cinnamon to the yogurt. Using a spoon, lightly stir the yogurt to evenly blend the cinnamon.
3. Next, add chopped peaches and bran cereal as topping to the yogurt. Drizzle unsweetened natural peanut butter with a spoon for topping and serve. Enjoy!

Nutrition Facts

Servings: 1

- Calories: 222
- Carbohydrates: 28.9 g
 - Fiber: 7 g
 - Sugar: 8.4 g
- Total Fat: 11.9 g
- Protein: 4.8 g
- Sodium: 71.2 mg



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