

Baked Berry Yogurt

Ingredients for Life

This tasty recipe is perfect for when you need a quick breakfast or snack. Packed with protein, baked yogurt is an exciting new way to keep you satisfied. Mix and match berries of your choice.

Serves 9 Serving size: 1 baked yogurt cup or square **Prep time:** 5 minutes **Cook time:** 20–40 minutes **Total time:** 20–45 minutes

Ingredients

- 1½ cups nonfat, plain Greek yogurt
- 4 eggs
- 2 Tablespoons flour (all-purpose or wheat flour)
- 1 teaspoon vanilla extract
- 4 Tablespoons maple syrup or honey
- 1 cup berries of choice

Directions

Muffin Tin

1. Preheat oven to 350°F. Spray a muffin tin with cooking spray and set aside.
2. Whisk together yogurt, eggs, flour, vanilla, and maple syrup until well combined.
3. Fill each muffin tin about ¾ full, leaving a little room.
4. Top each with a few berries of choice.
5. Bake for about 20 to 25 minutes, or until the centers of each cup are set (no longer jiggles when you move the pan).
6. Allow to cool for at least 5 minutes before removing from the muffin tin. The cups will settle as they cool.

Baking Dish

1. Preheat oven to 350°F. Spray an 8x8 baking dish with cooking spray and set aside.
2. Whisk together yogurt, eggs, flour, vanilla, and maple syrup until well combined.
3. Pour batter into the baking dish and top with berries of choice.
4. Bake for about 35 to 40 minutes, or until the center is set (no longer jiggles when you move the pan).
5. Allow to cool for at least 5 minutes before cutting into squares.



Nutrition Facts

Serves 9	
Serving size	1 square (90g)
Amount per serving	
Calories	96
<small>% Daily Value*</small>	
Total Fat 2.5g	4%
Saturated Fat 0.8g	4%
<i>Trans</i> Fat 0.1g	
Cholesterol 92.6mg	31%
Sodium 48.3mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 0.5g	2%
Total Sugars 8.1g	
Protein 7.1g	14%
Vitamin D 20mcg	5%
Calcium 57.6mg	6%
Iron 1mg	3%
Potassium 113.1mg	3%
Phosphorus 53.3mg	5%

* The % 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.