



# Pomegranate Yoghurt

Serves 4

## Ingredients

- 2 cups (500ml) Chobani fat free plain yoghurt
- 2 tablespoons honey
- 1/2 teaspoon orange flower water
- 1 large pomegranate, seeds removed
- Mint leaves

### Nutritional Guide - Per Serve

Energy: 120cal	Carbohydrate: 17.6g
Protein: 9.1g	Sodium: 59mg
Fat: 0.4g	Sugars: 17.5g
Sat Fat: 0.2g	Fibre: 1.9g

## Method

- Step 1:** Combine yoghurt, honey and orange flower water in a bowl. Add three-quarters of pomegranate seeds and gently stir to combine.
- Step 2:** Spoon evenly among four 1/2 cup (125ml) capacity serving glasses.
- Step 3:** Scatter with reserved pomegranate seeds. Top with a few mint leaves.

### Are you on a 1200 Calorie Meal Plan?

Your calorie intake for snack should be between 70-100cal

Does this recipe meet your meal requirements? NO

Recommendations:

- Increase the number of serves to 5 to reduce portion size.

Total Calories:  
96cal

### Are you on a 1500 Calorie Meal Plan?

Your calorie intake for snack should be between 120-150cal

Does this recipe meet your meal requirements? YES

Total Calories:  
120cal