



Happy Trail Mix Yogurt



Entire recipe: 217 calories, 3.5g total fat (1.5g sat. fat), 118mg sodium, 29.5g carbs, 1g fiber, 24g sugars, 16.5g protein

Prep: 5 minutes



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Ingredients

6 oz. (about 2/3 cup) fat-free vanilla Greek yogurt (like [the kind by Chobani](#))
5 thin salted pretzel sticks, broken into small pieces
1 tbsp. dried sweetened cranberries, chopped
1/2 tbsp. dry-roasted sliced almonds, lightly crushed
1/2 tbsp. mini semi-sweet chocolate chips

Directions

Place yogurt in a medium bowl, and stir in remaining ingredients. Grab a spoon, and eat up!

MAKES 1 SERVING

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