



Cherry-Vanilla Super Yogurt



Entire recipe: 268 calories, 6.5g total fat (0.5g sat fat), 100mg sodium, 29g carbs, 5.5g fiber, 21g sugars, 26.5g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

One 5.3-oz. container (about 1/2 cup) fat-free plain Greek yogurt
2 tbsp. vanilla protein powder with about 100 calories per serving ([like the kind by Tera's Whey](#))
2 tbsp. unsweetened vanilla almond milk, light vanilla soymilk, or fat-free dairy milk
Dash cinnamon
1 1/2 tsp. chia seeds
3/4 cup unsweetened dark pitted sweet cherries (fresh or thawed from frozen and drained), chopped
1/4 oz. (about 1 tbsp.) sliced almonds

Directions

In a medium jar, combine yogurt, protein powder, milk, and cinnamon. Mix until smooth and uniform. Stir in chia seeds.

Top with cherries and almonds, or stir them in.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.