

Dalgona Maple Yogourt Bol



Indulge in our delightful recipe for Dalgona Maple Yogourt Bowl, a delectable fusion of Dalgona coffee and creamy yogurt drizzled with maple syrup. Experience the perfect balance of sweetness and frothy goodness, perfect for any time of the day.

Preparation 10 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 360

Fat 9

Carbohydrates 23

Fibre 4

Protein 15

Sodium 40

Ingredients

Dalgona Coffee

- 15 ml (1 tbsp) boiling water
- 15 ml (1 tbsp) instant coffee
- 15 ml (1 tbsp) maple syrup

Yogurt

- 125 ml (½ cup) plain Greek yogurt 0% m.f.
- 5 ml (1 tsp) maple syrup
- 5 ml (1 tsp) cinnamon
- 2.5 ml (½ tsp) of vanilla extract

Toppings

- 15 ml (1 tbsp) chia seeds
- 15 ml (1 tbsp) pecan halves
- 2 squares of hazelnut dark chocolate

Note: For the low FODMAP diet, choose a lactose free Greek yogourt option.

Preparation

1. Mix instant coffee, boiling water and maple syrup with a hand-mixer or a milk frother for 5 minutes or until it forms a smooth golden foam.
2. In another bowl, mix the plain Greek yogurt, maple syrup, vanilla extract and cinnamon.
3. Pour the Dalgona coffee foam over your yogurt bowl.
4. Garnish the bowl with chia seeds, pecans and dark chocolate squares.

Notes



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