

Creamy Espresso Yogurt



Creamy Greek yogurt infused with espresso and finished with a dusting of cacao—it feels indulgent, but it's balanced and nourishing. Perfect for mornings when you want something a little special without the extra effort, it offers just the right boost of energy, and a balance of protein, fibre, and healthy fats. It's a dietitian favorite because it delivers on both taste and nutrition. Top it with [homemade granola](#) for the perfect breakfast.

Preparation 5 min
Cooking 0 min
Servings 1
Nutrition Facts (per serving)
Calories 185
Fat 3
Carbohydrates 19
Fibre 4
Protein 20
Sodium 65

Ingredients

- 175 ml ($\frac{3}{4}$ cup) plain Greek yogurt, 0% or 2% M.F.
- 1 single shot of espresso
- 15 ml (1 tbsp) chia seeds
- 15 ml (1 tbsp) honey or sweetener of choice

- Cacao powder, to taste

Preparation

1. Brew your espresso and let it cool slightly so it's warm, not piping hot.
2. In a small bowl or jar, whisk together the Greek yogurt, honey, vanilla, and chia seeds until smooth.
3. Slowly pour in the espresso while stirring gently. Mix until the espresso is fully incorporated and the texture becomes creamy.
4. Taste and adjust sweetness if needed.
5. Top with a dusting of cacao and enjoy immediately.

Notes

Store in an airtight container in the refrigerator for up to 4 days. Do not freeze.



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