

Honey Pistachio Yogourt



Introducing a super quick pre-workout snack that is as energizing as it is tasty. Sure to give you a rapid boost of energy. Take this approximately 20-30 minutes before your workout!

Preparation 3 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 160

Fat 2

Carbohydrates 33

Fibre 0

Protein 4

Sodium 40

Ingredients

- 125 ml (½ cups) of vanilla yogourt, 0-1%
- 15 ml (1 tbsp) of honey
- 5 ml (1 tsp) of chopped pistachios

Preparation

1. Top the yogurt with honey and pistachios and enjoy immediately!

Notes

Keeps for 3 days in the refrigerator, does not freeze



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