



Yogurt Delight Recipe



Basic Ingredients (8-10 medium size bowls)

Base
 ½ cup whole wheat cereal or toast bread
 ½ cup flaxseed, ground
 ½ cup oats flakes
 5-6 tablespoons lemon juice
 zest from one lemon
 1 Tbs olive oil
 nutmeg, cinnamon to taste
 2 Tbs honey/ molasses/ dark brown sugar

Topping
 5 cups strained yogurt (4% fat)
 ¾ cup lemon juice
 2 Tbs sugar
 1 Tbs lemon zest & lemon peel shredded.
 lemon zest & mint leaves for decoration

Directions

Grind & mix ingredients into a soft paste. Check for desired consistency, add more lemon, oil, honey if needed. Distribute into bowls and press to create a base. Mix topping ingredients in a bowl by hand. Distribute evenly over the base. Decorate with lemon zest and mint leaves. Cover with plastic wrap. Store in the fridge. Can be kept for 3 days.

Variations

Almonds, walnuts, chia, poppy seeds in base
 Dark chocolate chips in base
 Pistachios & cranberry as decoration
 Orange zest & juice in base and topping
 Powdered cinnamon in base and topping
 Rosewater/Mastic/ Mahlepi in base and topping

Nutritional values

Provided by P. Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics

Recipe: Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG Health & Wellness Center

	Total	per serving - bowl
Energy:	1890 kcal	236 kcal
Cholesterol:	0 mg	0 mg
Sodium:	509 mg	63.6 mg
Carbs:	193 gr	24 gr
Dietary fiber:	29 gr	3.6 gr
Protein:	114 gr	14 gr
Fat:	70 gr	8.7 gr