



Coconut Yogurt with Sunflower Seed Butter

2 servings

5 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt
1/4 cup Sunflower Seed Butter

Nutrition

Amount per serving	
Calories	253
Fat	21g
Carbs	13g
Fiber	3g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	26mg
Vitamin A	17IU
Vitamin C	1mg
Calcium	270mg
Iron	2mg

Directions

- 1 Add the coconut yogurt to a bowl and stir in the sunflower seed butter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add vanilla extract, cinnamon, or sweetener of choice to taste.

Additional Toppings: Fresh berries, banana or other fruit, chopped nuts, chia seeds, hemp seeds, granola.

No Coconut Yogurt: Use Greek yogurt instead.

No Sunflower Seed Butter: Use another nut or seed butter instead.