



## Happy Trail Mix Yogurt



Entire recipe: 217 calories, 3.5g total fat (1.5g sat. fat), 118mg sodium, 29.5g carbs, 1g fiber, 24g sugars, 16.5g protein

**Prep:** 5 minutes



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### Ingredients

6 oz. (about 2/3 cup) fat-free vanilla Greek yogurt (like [the kind by Chobani](#))  
5 thin salted pretzel sticks, broken into small pieces  
1 tbsp. dried sweetened cranberries, chopped  
1/2 tbsp. dry-roasted sliced almonds, lightly crushed  
1/2 tbsp. mini semi-sweet chocolate chips

### Directions

Place yogurt in a medium bowl, and stir in remaining ingredients. Grab a spoon, and eat up!

**MAKES 1 SERVING**

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