

Yogurt Dessert Recipes (1 Serving Each)

Cocoa-Walnut Yogurt Bowl

Ingredients

- 170 g Oikos Greek yogurt (plain, unsweetened)
- 1 T (6 g) unsweetened cocoa powder
- 1 tsp (7 g) honey or maple syrup
- 10 g walnuts (or almonds), chopped
- ¼ tsp vanilla extract (optional)
- Pinch of salt

Instructions

1. Whisk yogurt, cocoa, honey, and vanilla until smooth.
2. Stir in nuts or sprinkle on top.
3. Chill 5 minutes for a mousse-like texture.

Nutrition (per serving)

Kcal: 205 | Protein: 19 g | Fat: 5.2 g | Sat Fat: 0.6 g | Carbs: 23 g | Sugars: 13.7 g | Fiber: 2.5 g | Sodium: 39 mg | Omega-3: 0.9 g (walnuts)



Blueberry-Cocoa Yogurt Parfait

Ingredients

- 170 g Oikos Greek yogurt
- 1 T (6 g) cocoa powder
- 1 tsp (7 g) honey or maple syrup
- 60 g frozen blueberries (partially thawed)
- 10 g chopped almonds or walnuts

Instructions

1. Mix yogurt, cocoa, and honey until smooth.
2. Layer yogurt → blueberries → nuts → yogurt.
3. Add remaining berries and nuts on top.

Nutrition (per serving)

Kcal: 235 | Protein: 20 g | Fat: 6 g | Sat Fat: 0.7 g | Carbs: 31 g | Sugars: 17 g | Fiber: 4.8 g | Sodium: 39 mg | Omega-3: up to 0.9 g (walnuts)



Persimmon Cocoa Yogurt Cream

Ingredients

- 170 g Oikos Greek yogurt
- ½ small persimmon (80 g), chopped
- 1 tsp (7 g) honey
- 1 T (6 g) cocoa powder
- 10 g chopped walnuts or almonds
- Pinch cinnamon (optional)

Instructions

1. Stir yogurt, cocoa, and honey until smooth.
2. Fold in half the persimmon.
3. Add remaining persimmon, nuts, and cinnamon on top.

Nutrition (per serving)

Kcal: 250 | Protein: 19 g | Fat: 5.5 g | Sat Fat: 0.6 g | Carbs: 37 g | Sugars: 21 g | Fiber: 3.5 g | Sodium: 39 mg | Omega-3: up to 0.9 g (walnuts)

