

## Yogurt with Sun-Dried Tomatoes & Basil

submitted by elm333



Per serving: 164 Calories • 11.5g Carbs (0.9g Fiber) • 2.8g Fat • 23.9g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

2 tbsp **Sun-dried tomatoes** (13.8 grams)

8 oz **Nonfat greek yogurt** (227 grams)

5 leaf, whole **Basil** (2.5 grams)

1 dash **Pepper** (0.10 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Chop up sun-dried tomatoes and basil. Mix into yogurt with a dash of pepper and enjoy!