

Cookie Dough Style Yogurt



Craving a quick, protein-rich breakfast or snack that tastes like cookie dough? This Greek yogurt-based version, created by a dietitian, is perfect for satisfying a sweet craving while supporting your goals. It takes less than 5 minutes to prepare and requires no cooking—ideal after a workout! For more ideas, check out our [Top 10 Healthy Desserts](#).

Preparation 5 min
Cooking 0 min
Servings 1
Nutrition Facts (per serving)
Calories 340
Fat 10
Carbohydrates 27
Fibre 4
Protein 35
Sodium 75

Ingredients

- 125 ml (½ cup) plain 0% Greek yogurt
- 10 ml (2 tsp) honey
- 15 ml (1 tbsp) almond flour
- ½ scoop (15 ml / 1 tbsp) vanilla protein powder
- 15 ml (1 tbsp) natural peanut butter)

- 15 ml (1 tbsp) semi-sweet chocolate chips

Preparation

1. In a small bowl, mix all the ingredients until smooth.
2. Enjoy immediately or refrigerate for a firmer texture.

Notes

Keeps for 3 days in the refrigerator.



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