

Almond Yogurt



Almond yogurt packs a good amount of protein, calcium, phosphorus, Vitamin A, E, B12, and fiber. It's healthy fat content support weight loss.

Ingredients for 2 serving (US/Metric)

- 12 *tbsp* Sour cream
- 1.5 *tbsp* Heavy cream
- Stevia liquid (1tsp equals 5 drops)
- 14g / 0.5oz Almonds, raw

Nutrition (US/Metric)

- Protein: 6%
- Fat: 89%
- Net carbs: 6%

Instructions

1. Put the sour cream & whipping cream in a medium-sized bowl. Mix well.
2. Keep adding a teaspoon of Stevia till the yogurt mixture is sweet enough for your taste-buds.
3. For the topping, shower the nutty almonds after chopping/mincing them.
4. Serve in a bowl & enjoy!