A top-down view of a white ceramic bowl filled with yogurt, topped with fresh raspberries, blueberries, and golden-brown granola. A silver spoon is partially visible on the right side of the bowl. The background is a light-colored, textured surface.

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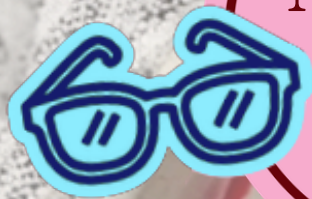
How To Use Our Nutrition Information



Nutrition info can be a great source of information as to how different foods or recipes may or may not make your body feel.

We break down our recipes into individual ingredients (as well as total it all) so you can begin to learn what foods provide what nutrients to your body and make correlations as to how this makes you feel.

Not into it or not ready to add this to your journey yet? No worries! Skip it for now and use only if or when it's helpful to you!



Nutrition Info



Warm Berry Yogurt Bowl

			Cal	Fat	Protein	Carbs	Fiber	Cost
1	cup	Frozen Mixed Berries	70	0	2	16	5	1.17
0.75	cup	Greek Yogurt, Plain, non-fat	90	0	16	7	0	0.71
0.5	scoop	Vanilla Whey Protein Powder	60	1	12	1.5	0	0.64
0.5	cup	Bran Flakes	60	0.5	2	15	3.5	0.11
2	tbsp	Almonds	113	10	5	3	3	0.26
			393	11.5	37	42.5	11.5	2.89

Nutrition info is an estimate and may vary depending on preparation, ingredients, etc.