



Yogurt Berry Bake

Ingredients

- 1.5 cups Greek yogurt
- 4 eggs
- 2 TBSP flour
- 1 tsp vanilla extract
- 1 cup berries of choice

Directions:

1. Preheat oven to 350 F and line an 8×8 baking dish with parchment paper
2. Whisk together yogurt, eggs, flour and vanilla until well-combined
3. Fold in berries; Transfer mixture to baking dish
4. Bake for about 30-40 minutes or until fully cooked
5. Allow to cool; Slice into six servings and enjoy!

Cost: 

Ease: 

Health Benefit: Greek yogurt and eggs are both great sources of complete protein to support strong bones. Berries are low in sugar and contain antioxidants that promote overall health and prevent disease.

Equipment

Baking dish
Whisk

Fare  Meals
by Arielle