

Yogurt & Berry Breakfast Toast

1 SERVING 10 MINUTES



INGREDIENTS

1/3 cup Raspberries
1 tsp Maple Syrup
1/4 tsp Vanilla Extract
1 tsp Chia Seeds (optional)
1/4 cup Unsweetened Coconut Yogurt
2 slices Whole Grain Bread (toasted)

DIRECTIONS

- 01 Add the raspberries to a bowl and mash with a fork. Stir in the maple syrup, vanilla extract and chia seeds, if using.
- 02 Spread the coconut yogurt evenly on the toasted bread and top with the mashed raspberries. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	308	Carbs	50g
Fat	7g	Protein	12g