

Cherry Balsamic Glazed Yogurt

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Cherries (pitted)
2 tbsps Maple Syrup
1/4 cup Balsamic Vinegar
1 1/2 cups Unsweetened Coconut Yogurt
2 tbsps Hemp Seeds

DIRECTIONS

- 01 In a small saucepan, combine the cherries, maple syrup and balsamic vinegar over medium heat. Let simmer for approximately 10 to 12 minutes or until the liquid has reduced by almost half. Let cool.
- 02 Divide the yogurt into bowls or containers. Top with the cherry balsamic glaze and hemp seeds. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	267	Carbs	41g
Fat	10g	Protein	5g