

Berries and Greek Yogurt Foam

Prep Time: 10 min

Ingredients (serves 2):

- 1 cup Greek yogurt
- 1/2 cup whipped egg white or aquafaba
- 1/2 cup mixed berries
- Optional: dash of lemon zest

Procedure:

1. Whip egg white or aquafaba until stiff.
2. Fold in Greek yogurt.
3. Add berries and zest.

Nutrition: ~100 kcal • Protein 8 g • Fat 2 g • Sugar 6 g

Benefits:

- High in protein and antioxidants
- Light and airy dessert