

肉桂黃桃酸奶碗



黃桃：黃桃低熱量，不含任何飽和脂肪。新鮮的黃桃是抗氧化劑及維生素C的良好來源。進食富含維生素C的食物，有助身體產生抵抗力，有助消除導致癌症的自由基。

酸奶：酸奶含有益生菌，可以改善消化系統健康。食用含有益生菌的酸奶可以改善腸道健康，降低患骨質疏鬆症的風險，並有助對抗高血壓問題。

肉桂黃桃酸奶碗

份量: 1

準備時長: 5 分鐘

食材:

- 1 杯 - 原味或者香草口味的酸奶 (乳製品或非乳製品均可)
- ½ 個 - 中等大小的黃桃，切碎
- 1 茶匙 - 肉桂粉
- ¼ 杯 - 穀物脆，用於灑在酸奶上
- ½ 茶匙 - 無糖天然花生醬

烹飪步驟:

1. 在碗中加入無糖原味或者香草口味的酸奶 (乳製品或者非乳製品均可)。
2. 在酸奶中加入肉桂粉，用湯匙輕輕攪拌酸奶至肉桂粉完全拌勻。
3. 接著，將入切碎的黃桃粒在酸奶表面，用湯匙淋上無糖的天然花生醬就可以開始享用了！

營養成分

份量: 1

- 熱量: 222
- 碳水化合物: 28.9 克
 - 纖維素: 7 克
 - 糖: 8.4 克
- 總脂肪: 11.9 克
- 蛋白質: 4.8 克
- 鈉: 71.2 毫克



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Cinnamon Peach Yogurt Bowl



Peach: Peaches are low in calories and contain no saturated fats. Fresh peaches are a moderate source of antioxidants and vitamin C. Consumption of foods rich in vitamin C helps a person develop resistance against infections and helps to eliminate harmful free radicals that cause certain cancers.

Yogurt: Yogurts contain probiotic bacteria that may improve digestive health. Consumption of probiotic yogurt may improve gut health, reduce your risk of osteoporosis, and combat high blood pressure.

Cinnamon Peach Yogurt Bowl

Serving: 1

Prep Time: 5 mins

Ingredients:

- 1 cup unsweetened plain or vanilla yogurt (dairy or non-dairy)
- ½ medium yellow peach, chopped
- 1 tsp ground cinnamon
- ¼ cup bran cereal for topping
- ½ Tbsp unsweetened natural peanut butter

Instructions:

1. Add unsweetened plain or vanilla yogurt (dairy or non-dairy option) to a bowl.
2. Add ground cinnamon to the yogurt. Using a spoon, lightly stir the yogurt to evenly blend the cinnamon.
3. Next, add chopped peaches and bran cereal as topping to the yogurt. Drizzle unsweetened natural peanut butter with a spoon for topping and serve. Enjoy!

Nutrition Facts

Servings: 1

- Calories: 222
- Carbohydrates: 28.9 g
 - Fiber: 7 g
 - Sugar: 8.4 g
- Total Fat: 11.9 g
- Protein: 4.8 g
- Sodium: 71.2 mg



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