Could yogurt be the foundation of a healthy breakfast?

BREAKFAST, MORE THAN A MEAL, IS A "MOMENT"

Yogurt is typically an adaptable ingredient that works well with a variety of fruits and grains. It is the perfect base to build a healthy breakfast. The following are some tips on how to incorporate yogurt in your breakfast:

HOW CAN YOGURT HELP IN STRUCTURING A QUALITY BREAKFAST?

1. A quality breakfast contributes to a better start to your day.
   - Add it to your morning routine and you’re likely to enjoy a more balanced and satisfying meal.
   - Make it a part of your daily routine and you’re likely to enjoy a more balanced and satisfying meal.

2. A quality breakfast helps to get you up and out of bed.
   - Add it to your breakfast routine and you’re likely to enjoy a more balanced and satisfying meal.
   - Make it a part of your daily routine and you’re likely to enjoy a more balanced and satisfying meal.

3. A quality breakfast helps to reduce stress and improve memory.
   - Add it to your breakfast routine and you’re likely to enjoy a more balanced and satisfying meal.
   - Make it a part of your daily routine and you’re likely to enjoy a more balanced and satisfying meal.

4. A quality breakfast helps to boost your energy levels.
   - Add it to your breakfast routine and you’re likely to enjoy a more balanced and satisfying meal.
   - Make it a part of your daily routine and you’re likely to enjoy a more balanced and satisfying meal.

5. A quality breakfast helps to improve your overall health.
   - Add it to your breakfast routine and you’re likely to enjoy a more balanced and satisfying meal.
   - Make it a part of your daily routine and you’re likely to enjoy a more balanced and satisfying meal.

6. A quality breakfast helps to improve your digestive health.
   - Add it to your breakfast routine and you’re likely to enjoy a more balanced and satisfying meal.
   - Make it a part of your daily routine and you’re likely to enjoy a more balanced and satisfying meal.

Yogurt, a carrier of goodness at breakfast!

HOW TO PREPARE A NUTRIENT-DENSE, VERSATILE, AND SATIATING BREAKFAST BOWL:

1. Start with a high-quality yogurt base.
2. Add a variety of fresh fruits, nuts, and grains.
3. Top with a sprinkle of honey or cinnamon.

YOGURT NUTRITION:

- **Protein**: High-quality source of protein.
- **Calcium**: Essential for bone health.
- **Potassium**: Important for heart health.
- **Vitamins and Minerals**: Rich in vitamins B and D, and minerals like potassium and calcium.

**FOOD PAIRS TO INCLUDE MORE NUTRITION:**

- **YOGURT**: Kenyan Chicken
- **FRUIT**: Blueberries, Strawberries
- **NUTS**: Almonds, Walnuts
- **GRAINS**: Whole grain bread, oatmeal

YOGURT Synergies:

- **YOGURT**: Carrots, Apples, Beans
- **FRUIT**: Blueberries, Strawberries
- **NUTS**: Almonds, Walnuts
- **GRAINS**: Whole grain bread, oatmeal

SMART SYNERGIES:

- **YOGURT**: Carrots, Apples, Beans
- **FRUIT**: Blueberries, Strawberries
- **NUTS**: Almonds, Walnuts
- **GRAINS**: Whole grain bread, oatmeal

YOGURT: a healthy foundation at breakfast!

IT IS A SIMPLE, TASTY, AND CREATIVE WAY TO ENCOURAGE A HEALTHY START FOR THE DAY.