

# Sep 30 Healthy Greek Yogurt Tiramisu

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/biscuit-recipe-using-greek-yogurt>

## Ingredients:

- 1 white peach
- 1 tablespoon lemon juice
- 1/2 tablespoon sugar
- 2 biscuits lady fingers
- 1 tablespoon pomegranate syrup
- 6 1/2 tablespoons greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla extract

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 280 milligrams
9. Sugar: 13 grams

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