

# Warm Sorghum Breakfast Bowl, Greek Yogurt, Honey, and Berries

**Serving size: 1 bowl**

**Makes 1 serving**

- $\frac{3}{4}$  cup Sorghum, cooked
  - $\frac{1}{2}$  cup Whole Milk
  - 2 tsp Honey
  - $\frac{1}{8}$  tsp Pure Vanilla Extract
  - $\frac{1}{4}$  cup Blackberries
  - $\frac{1}{4}$  cup Raspberries
  - $\frac{1}{4}$  cup Blueberries
- $\frac{1}{4}$  cup Fat Free Greek Yogurt

## Preparation:

1. In a pot, combine sorghum, whole milk, honey, and vanilla extract. Simmer on low to medium heat for 10 minutes.
2. When finished cooking, top sorghum mixture with blackberries, raspberries, blueberries, and yogurt.



*Registered Dietitian Approved!*



Scan here to  
download  
recipe

## NUTRITION FACTS PER SERVING

<b>calories</b>	390
<b>total fat (g)</b>	7
saturated fat (g)	2.5
trans fat (g)	0
<b>sodium (mg)</b>	85
<b>total carbohydrate (g)</b>	73
dietary fiber (g)	9
sugar (g)	28
<b>protein (g)</b>	17